



Top tips to help you look after your teeth and brace

Do...

- ✓ See your own dentist as recommended for check-ups
- ✓ Brush your teeth twice a day for at least 2 minutes, always before bed and at one other time
- ✓ Use a Fluoride toothpaste
- ✓ Use a fluoride mouthwash at a different time to brushing
- ✓ Change your toothbrush every 3 months
- ✓ Cut up hard foods so they are easier to eat
- ✓ Take painkillers if needed, take what you normally take for a headache
- ✓ Use the orthodontic care kit as recommended by your dental care professional

Don't...

- ✗ Wait until your next appointment if you have broken your brace, telephone us for advice
- ✗ Drink fizzy drinks including diet/fruit juices these are acidic and often high in sugars
- ✗ Eat sugary snacks
- ✗ Chew pen tops or finger nails as this will damage your brace
- ✗ Stop brushing if your gums bleed, you need to brush to make your gums healthy again
- ✗ Play contact sports without a gum shield

REMEMBER TO WEAR YOUR RETAINERS AT THE END OF YOUR TREATMENT TO KEEP YOUR BEAUTIFUL SMILE