

# COURTNEY ORTHODONTICS ON ELMIRA

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## YOUR RESPONSIBILITY

When you have braces you must take special care of your teeth and braces.

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**Cleaning** *Clean your teeth and gums very carefully each morning and night. Braces provide extra places for plaque and food to accumulate. This means there is more chance of tooth decay and permanent marks on the teeth.*

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**Sugary foods** *Avoid foods with lots of sugar such as sweets, biscuits, cakes and soft drinks. Occasional sweet foods are usually not a problem. Sugar free drinks and confectionary are safe for teeth.*

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**Hard foods** *Avoid hard sticky foods. Biting or chewing hard or sticky foods such as Minties peppermints, will break your braces. Breakages may prolong treatment. Apples, carrots and similar foods should be cut into small pieces and eaten with care.*

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**Follow instructions** *Follow all instructions. Not wearing rubber bands or a plate exactly as asked can cause serious problems and make treatment last much longer.*

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**Report Problems** *Report any problems promptly. If something becomes loose, broken, painful, or if you are concerned, please contact us promptly.*

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**Retainers** *Following the removal of your braces, retainers must be worn as instructed or your teeth will relapse.*

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**Dental Check-ups** *It is imperative to maintain annual dental check-ups with your General Dentist or Dental Therapist.*

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**Keep your teeth clean**

**AND**

**eat sugary foods occasionally**

**OR**

**your teeth will rot.**