

Dear Valued Patient,

We understand that having braces is an important step towards achieving a beautiful smile. To help you maintain excellent oral health during your treatment, here are some essential tips:

1. Brush Your Teeth Regularly

Brush your teeth at least twice a day, using a soft-bristled toothbrush and fluoride toothpaste. Make sure to clean around the brackets and wires thoroughly.

2. Floss Daily

Using a floss threader or orthodontic floss can help you effectively clean between your teeth and around your braces.

3. Rinse with Mouthwash

Using an antibacterial mouthwash can help reduce plaque buildup and keep your mouth feeling fresh.

4. Avoid Certain Foods

Stay away from hard, sticky, or sugary foods that can damage your braces or lead to cavities.

5. Regular Check-ups

Attend all your scheduled appointments so we can monitor your progress and make any necessary adjustments.

If you have any questions or concerns, please do not hesitate to contact us. We are here to support you on your journey to a healthy and beautiful smile!

Best Regards,

The Orthodontic Team