

Information about Poor Oral Hygiene

If you are receiving this, it is because we are concerned about your brushing habits and/or techniques with braces on. We cannot stress enough how important it is to brush and clean your teeth properly with braces on. We know the braces make brushing much more difficult and time consuming, so that's why we're here to help you! It does not do you much good to have nice straight teeth that have lots of cavities and white spots due to poor brushing habits and techniques.

1. Remember to change the angle of your brush and not just brush straight across. If you brush only straight across your braces you will likely be missing lots of plaque and food debris.
2. Remember that it is important that you take your time brushing. By rushing through brushing it is likely that you are missing important areas where food and debris hide! It is important to remove all plaque and food debris because the longer plaque and food debris stays on your teeth, the more the plaque will start to eat away at your teeth in the form of cavities and white spots. You already know that cavities are bad, but so are those white spots! Unfortunately, the white spots are permanent and they are actually the beginning of cavities.
3. Flossing is a very important part of keeping your teeth and gums healthy. If you need help using floss threaders or the Platypus flossers, please ask one of the assistants to help you. We will be happy to go over it with you!
4. Not brushing well also leads to puffy and sometimes bleeding gums. If your gums are puffy and very red, it means that a lot of food debris and plaque are hanging around your teeth and braces too much. That is not a good time to stop brushing! Instead, it is a time to brush much better!

If you have questions about the brushing techniques we recommend while you have braces on, please do not hesitate to ask any one of us. We are here to help you obtain and maintain a beautifully straight and **healthy** smile!

We are looking forward to seeing you again soon!

Dr. Bomeli and The Solon Orthodontics Team

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