

KATHLEEN  
**VALENCIA**  
ORTHODONTICS



**Congratulations on getting your new braces!**

With a little help from you, Dr Valencia will be able to make your orthodontic treatment an enjoyable and rewarding experience. Without your help, however, treatment time will be extended, your final result may not be as perfect as we have planned for it to be, and you could even get decay and gum infections around your braces. Let's work together to assure that these things don't happen!

**Be careful with your braces...**Please take a moment to review the [Band and Bracket Food List](#) below for a list of foods that commonly break appliances. *It is very easy to lose an entire month of progress with only one broken bracket. You can imagine the consequences of five or six loose brackets!*

**Call us if something seems loose or broken...**if we are unaware that something is broken, it may be impossible to fix the problem at your regular appointment. *The best way to avoid unnecessary appointments is to call us as soon as you are aware that something is wrong.*

**Proper brushing and flossing will keep your teeth and gums healthy and keep your breath smelling fresh.** Don't forget to keep regular appointments with your family dentist. Unless we have said otherwise, we'd like you to have a checkup and cleaning every six months.

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**Orthodontic Brushing and Flossing Procedures**

**Brushing (Soft Bristles Only)**

Brush after every meal. If you cannot brush right away, rinse well with water.



1. Use a dry brush with a small amount of toothpaste. Place bristles where gums and teeth meet.

2. Use circular, vibrating motions around the gum lines, 10 seconds on each tooth.



3. Brush slowly, each arch separately, every tooth.

4. Brush the lower teeth up and the upper teeth down. Brush your tongue and the roof of your mouth too!

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5. Carefully pull unwaxed floss between wire and braces. A floss threader may be helpful.

6. Floss carefully around the braces.



7. Floss carefully around the gum area.

8. Floss carefully around each tooth.

### **Flossing**

Floss nightly after brushing to remove plaque your toothbrush misses. Use a floss *threader* between gums and braces.

Remember: use your *common sense* when deciding which foods you can eat and those to be avoided. If a band or bracket comes loose, please call and let us know, as it is not always possible to repair appliances at your regular appointment without prior warning.