

If you eat/drink sweets, rinse your mouth with water and brush immediately:

SODA CAKES
CANDY

Habits that can damage your appliance:

CHEWING ON PENCILS/PENS
BITING ON FINGERNAILS
PULLING OR PICKING AT YOUR APPLIANCE
ROCKING THE HEADGEAR OR LIP BUMPER UP AND DOWN

Damaged Appliance

A bracket or band may loosen, or a wire may break. It is important that you call us immediately if anything breaks or feels different.

You have been given wax that you may place over any irritating area until you come in to be checked. If you have a loose band, stop wearing your elastics.

For questions, please call (617) 432-1434 and follow prompts.

Notes:

HARVARD
DENTAL
CENTER



Orthodontic Patient Instructions



HARVARD
School of Dental Medicine

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Oral Hygiene

Use a soft toothbrush when brushing.

Place the bristles above the bracket/bands at a forty-five degree (45°) angle towards the gums. Gently brush back and forth. Then brush the chewing and back surfaces of the teeth. Repeat this process overlapping the last tooth brushed and continue around the entire mouth. You may also carefully place bristles under the wire to help remove food

under the wire. Make sure the bristles are directed away from your gums when doing this.

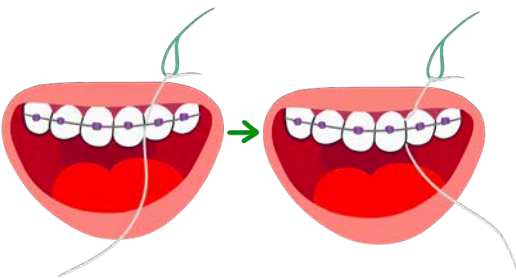
You should brush your teeth for two minutes in the morning and at night. Patients

with braces or aligners are at increased risk of cavities due to food and plaque being trapped more frequently than normal. Please follow the instructions carefully and diligently.



Flossing

Flossing with your orthodontic appliance is very hard. You may need to use floss threaders to get the floss under the wire. After you get the floss under the wire, you may floss as usual by wrapping the floss in a "C" around the side of each tooth. Remove the floss and move to the next tooth. You should floss everyday.



Clear aligners

When eating, remove the clear aligners from your mouth and place your aligners in the protective case provided by your orthodontic provider. Never place your clear aligners in a napkin as this is likely to be thrown away into the garbage or lost. Make sure to keep your aligners away from pets as they could chew the aligners. Make sure to rinse your mouth with water after eating and brush your teeth as soon as possible. Only drink clear still water (not carbonated/sparkling water) with the aligners in.

Sports

Talk to your orthodontic provider if you play any contact sports during orthodontic treatment as they may recommend a mouth guard specifically for orthodontic appliances.

Care of your orthodontic appliance

Now that you have your orthodontic appliances, you will have to change your eating habits. Below is a list of different food groups and habits you will have to avoid or be careful with.

Foods that damage your appliance:

POPCORN	SPARERIBS	CHICKEN LEGS
PEANUTS	TAFFY	CARAMEL
ICE CUBES	CORN CHIPS	CORN ON THE COB

Foods that need to be cut into small pieces before eating:

APPLES	RAW VEGETABLES	STEAK
HARD BREADS	BAGELS	

Any foods that you would normally bite into with your front teeth need to be cut into small pieces before eating.