

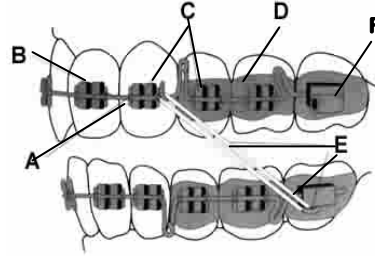
# Teamwork

Our goal is to make your orthodontic care a very positive experience. Please do your part and keep your teeth and gums healthy by following these guidelines throughout treatment. If you have questions regarding proper oral hygiene, our orthodontic assistants would be happy to review basic techniques with you at any time. Feel free to call or ask questions at your next visit.



## Knowing Your Braces

It is important that you contact us as soon as you notice loose/broken appliances. When making that call, it is helpful to know the various parts of your braces so that you can explain your concerns to us in a clear manner. So let's review:



- A. O-ring      Colored elastic that tie archwires into brackets
- B. Archwire    Wire that fits around the arch into the bracket slots
- C. Bracket     Braces bonded directly to the front of the tooth
- D. Band        Metal ring around the tooth; usually placed on molars
- E. Elastics     Rubber bands used to help tooth movement
- F. Buccal Tube    Tube on molar band that holds the end of the archwire

Bel Air Orthodontics  
Stephen L. Godwin, DMD, DMSc  
610 South Main St., Bel Air, MD 21014  
410-838-2244 • 410-879-9911  
Fax: 410-893-7493  
[www.belairortho.com](http://www.belairortho.com)  
[drgodwin@belairortho.com](mailto:drgodwin@belairortho.com)

**BEL AIR**  
**ORTHODONTICS**  
*Shaping Smiles - Shaping Lives*



## Oral Hygiene and Toothbrushing Guidelines

Stephen L. Godwin, DMD, DMSc

## A Healthy Smile Begins with Healthy Teeth

Now that you are starting orthodontic treatment, it is very important that we work together to reach our common goal of a great smile. Keeping your mouth clean and gums healthy will result in a faster, more comfortable treatment. The better you do, the better the results.

It's that simple!



Oral Hygiene is an important part of your orthodontic treatment. A healthy, happy smile provides a life-time of rewards!

## Important Points to Remember!

- Brush after every meal
- Use toothpaste with fluoride
- Use a fluoride rinse (available by prescription)
- Floss daily
- Avoid hard and/or sticky foods (examples: chewing gum, popcorn, hard candies, corn on the cob, ribs, chicken on the bone, apples with skin on them).
- Visit your dentist a minimum of every 6 months for a cleaning and exam.



## Oral Hygiene Review

Oral hygiene will be reviewed at your regular monthly adjustment appointments. We use the following rating system to assess how well you are doing:

**Effective** - the teeth, brackets and bands present a brilliant shine to them and are free from plaque or food debris. The soft tissue gums are pink in color and look healthy.

**Ineffective** - the teeth, brackets and bands present a dull appearance and have areas of plaque or food debris. The soft tissue gums are red, inflamed and swollen and are not healthy. Debris left around the brackets and bands can cause decay and decalcification (a permanent scarring of the tooth enamel).