TOOTH CARE TIPS FROM OKUBO ORTHODONTICS

- **CLEAN TEETH MOVE FASTER**.
  - Your body's #1 priority is to fight INFECTION, there is a limited blood supply to your mouth,
  - The cells to move teeth aren't transported to your mouth so your body is unable to move teeth,
  - your treatment time will increase 3 - 4 more years
- **PREVENT PERMANENT MARK**: decay begins as white marks around your braces.

STRATEGY FOR CLEANING TEETH

- **REPROGRAM YOUR BRAIN/ CHANGING YOUR HABIT**
- Start in the back angle bristles down 45° in 15 short strokes "vibrate" your brush, on each tooth (an electric toothbrush like Sonicare works great!) pause for 5 seconds over each tooth.
- **TURN YOUR HEAD** to reposition your brush over the next tooth. Continue turning your head until you get to the opposite canine, repeat on the other side. Your front teeth will be cleaned twice,
- **WATER PICK** After brushing: waterpik https://a.co/d/3G9kvMG
  - 20% 1-part Hydrogen peroxide, 4-parts water
  - 5 Drops Dawn dish soap

FLOSSING AIDS

- Use floss threaders once a day to feed floss under your orthodontic wires. You'll find a starter pack in your new patient kit. They can be reused with a new length of floss each day.

- Platypus flossers. https://a.co/d/cA3B1n9 one of the legs is thinner so it fits under your wires
- Keep a toothbrush in your backpack and car for cleaning after lunch and before your orthodontic appointments.

INDICATIONS YOUR TEETH ARE CLEAN

- GUMS should be pink with a sharp edge next to your teeth
- Red gums indicate a chronic infection. If your teeth are clean 3 days in a row, the redness and swelling will be gone! If a bracket becomes loose, save it in a baggy and bring it with you and let us know so we can schedule additional time.

EXPANDERS RETAINERS

- The rule is **IN YOUR FACE OR IN YOUR CASE**. If you don't have your case, eat with it in your mouth.

"S" is for STICKY! Do not eat any sticky stuff. ie: taffy, starburst, cinnamon bears, caramels, now & laters, suckers, etc.

"P" is for POP & POPCORN! Avoid carbonation including diet drinks. Never eat the unpopped kernels in your popcorn.

"R" is for RAW! Be extra careful with raw vegetables and fruits like carrots, apples and corn on the cob. Cut into small pieces and chew with your molars. Tough foods like beef jerky need to be eaten very carefully.

"I" is for ICE! Do not chew ice. It will break off your brackets and will cause hairline fractures in your teeth. As you age your teeth may crack and split in two.

"N" is for NUTS! Do not eat corn nuts and be careful with corn chips and nuts. Nuts should be chopped and eaten with your back teeth.

"G" is for GUM! **All** types are prohibited. It breaks your wires. Your brackets will thank you by staying in their proper place.

Please use common sense when it comes to anything hard or sticky. If your gums are red, no sugar! Brush EVERY time you eat or snack. Loose brackets and bent wires extend your treatment time. Please contact our office for a longer appointment when brackets are loose.

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