



GOT BRACES? KNOW WHY THEY NEED EXTRA CARE!¹



Image used is for representation purpose only.

Braces and retainers create small spaces where food and bacteria can get trapped, leading to:²⁻⁴



Plaque Buildup:

Braces create small spaces where food and bacteria can get trapped, leading to plaque buildup and increased risk of decay^{2,3}



White Spot Lesions:

Spots on the front of the teeth, around the braces due to mineral loss⁴



Acid Production:

Plaque bacteria create acids that weaken enamel⁴



Potential for Decay:

Untreated white spots can turn into cavities⁴

Maintaining good oral hygiene is especially important when wearing braces.⁵

DO's

Maintain good oral hygiene⁶

Ask your dentist for the tooth brushing technique specific to patients on braces⁵

Use a remineralising agent as recommended by your dentist⁷

Brush your teeth twice a day for two minutes in the morning and night⁶

Floss between your teeth everyday⁶

If you eat/drink sweets, rinse your mouth with water⁶

Ask your dentist for your next scheduled orthodontic appointment⁸

DON'Ts

Avoid hard bristled toothbrushes⁶

Avoid chewing pencil or pen as this can damage the appliance⁶

To prevent breaking of braces, avoid chewy, sticky, sticky-gummy, or very hard foods⁹

Avoid smoking and tobacco use as that can decrease the success of the orthodontic treatment¹⁰

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Issued by:

Abbott Healthcare Pvt. Limited:

Floor 18, Godrej BKC, Plot No. C - 68, BKC, Near MCA Club, Bandra (E), Mumbai - 400 051.

