

# Post Operative Home Care Instructions

## Orthodontics

Dr. Johnston feels that your oral hygiene is a top priority during your orthodontic treatment.

Please read the instructions in your home care kit. Included in your home care kit, is a special toothbrush, used to clean between, under and around the wires, the brackets and your gums to loosen any food particles. You should floss daily. Rinse your mouth thoroughly after you brush, and also rinse your toothbrush. Dr. Johnston recommends using a water oral hygiene device that helps remove food particles.

The brackets and wires on your teeth make it harder for you to clean them. Trapped food particles and plaque are a breeding ground for cavity causing bacteria. If gum disease develops, it causes swelling of the gums, which makes proper cleaning even more difficult. It is very important to get the food particles out of your mouth, **after each meal**, because they can stain tooth enamel.

Always use the proper techniques that Dr. Johnston has shown you for brushing and flossing. While wearing your braces, be sure to schedule regular cleanings every 6 months to keep your teeth and gums healthy.

## Foods to Avoid While Wearing Your Braces

Becoming familiar with your braces usually means making a few adjustments in your eating habits. Some foods damage your braces or cause problems for your teeth. The following list of foods should either be avoided OR you must prepare these foods differently than you have in the past and use caution while eating them.

**Apples** — don't bite into a whole apple, cut the apple into small pieces

**Bubble Gum** — check with Dr. Johnston, as you may be able to chew sugarless gum only

**Candy** — no caramel, taffy, gummy bears etc.

**Carrots** — thinly slice carrots

**Corn on the Cob** — remove kernels from the cob

**Sticky Foods** — can bend wires or pull brackets off

**Sugary Foods** — If you must indulge, brush your teeth ASAP or rinse your mouth with water.

**NO Corn Chips or Pretzels, Ice, Nuts, Popcorn, Pizza Crust and Crusty Breads**

During treatment, if a bracket or wire becomes loose, please call the office as soon as possible so it can be cemented or replaced.

If you have any questions, feel free to call the office.

Carroll Johnston, DDS

