



ORAL HYGIENE

You and Dr. Razdolsky are now a team. Dr. Razdolsky will straighten your teeth but you are the one who must keep them healthy and clean. Now that you have braces, proper brushing and flossing will take some extra time and effort.

Plaque is a sticky white substance that collects on your teeth. It is made up of bacteria, food and saliva. If plaque and trapped food are left on the teeth and braces, they can cause swollen gums, bad breath, cavities, and even permanent marks on your teeth.

Thorough brushing after meals and snacks is of the utmost importance. If you cannot brush right away, be sure to rinse well with water until you can brush. Electric toothbrushes, like Sonicare or Rotadent, are excellent tools and make cleaning your teeth easier. However, a regular soft toothbrush can be as effective if enough time and attention is devoted to brushing. We will give you several tools to make the job easier. It is a good idea to carry a travel toothbrush with you when you are away from home.

At least twice every day you must vigorously brush your teeth and braces until they are spotlessly clean and shiny. This takes extra time. The orthodontic assistant working with you at your visit will show you how to brush properly. Pay very close attention to the gum line because plaque left there will make your gums sore and swollen and makes brushing more difficult.

In addition to consistent brushing, a few other hygiene habits will be very helpful. Daily flossing is very important. Your orthodontic assistant will demonstrate the technique of flossing between your braces. A daily rinse of fluoridated mouthwash is highly recommended. The intake of sweets, and sugar-sweetened soda should be kept to a minimum.

You should continue to see your family dentist throughout your orthodontic treatment for regular cleanings and exam. We recommend that cleanings be done three to four times per year.

Your good oral health means so much to all of us that we have made it a part of our wooden nickel program. A little extra effort during the time that you are in braces can mean a beautiful smile for the rest of your life.

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