

Congratulations!

You are now the proud owner of a brand new set of braces. You are on your way to straight teeth and a beautiful smile. But, we need your help! There are a few things we need you to do to get the perfect smile...

1. Do not eat hard or sticky foods/candy
(examples: jolly ranchers, laffy taffy, suckers, hard candy bars, jerky, etc)
—braking off brackets will only prolong treatment time!
2. Brush after every meal and floss!
—white scaring around brackets will occur, if you do not. You may also get cavities if not brushing and flossing enough. The cleaner your teeth, the faster your teeth will move.
3. Come in for monthly adjustments.
—missing your appointments will prolong your treatment time.
4. Wear your rubber bands as instructed.
—not wearing them will prolong treatment time.
5. Wear retainers!
—if you don't wear your retainers as instructed your straight teeth can move back and you may have to have braces all over again later in life!

If you have any questions please call our office at 801-796-3535