

Keys to Successful Orthodontic Treatment



Successful orthodontic treatment involves a team effort between the patient and the orthodontist.

Things to remember:

Brush, brush, brush...to keep your teeth clean, to prevent gingivitis and to avoid staining your teeth. Properly brush around the brackets and near the gum line after each meal and before bedtime.



Avoid foods and drinks...that stick to the brackets, break the braces and stain the teeth. Examples include:

Sticky Foods: gum, caramel, starburst, toffee, jelly beans, taffy

Hard Foods: hard bread, bagels, pizza crust, nuts,

Colored Drinks: soda, gatorade, iced tea, fruit punch

Schedule appointments regularly...Dr. LeBlanc recommends that patients be seen every 3-6 weeks. Missing appointments will extend your treatment time. If you break something or have an emergency, call the office immediately. Do not wait for your next appointment. Broken brackets should be fixed in order to prevent damage to the mouth and extending treatment time.

Wear Elastics...as directed. In some cases, elastics will be necessary to properly align the way you bite. It is important to wear them consistently (in many cases 24hrs a day). They should be changed in the morning and at night and removed when you eat or drink.



Visit your dentist...for regular cleanings every 3-6 months to prevent tartar build up and cavities, ensuring a healthy, beautiful smile!



LeBlanc Orthodontics