

---

Cavanaugh Orthodontic Care  
391 W. Weaver Road  
Forsyth IL 62535

### **THINGS TO DO WHILE YOUR BRACES ARE ON**

1. **Brush** your teeth at least 3 times a day, for at least **3 times** a day, for at least **3 minutes** each time, and make sure the brackets are shiny. (You can never get your teeth too clean—more than 3 times each day is even better!!)
2. **Floss** your teeth once each day.
3. **Rinse** once each day, after brushing and flossing, with a fluoride rinse. (ACT, e.g.)
4. See your dentist **every 6 months** for a cleaning and check-up. (We want those teeth to stay healthy!)
5. If your teeth are sore after a wire change or adjustment, take Advil, Tylenol or aspirin (Advil is best), eat soft foods, and chew **SUGARLESS** gum as much as possible.
6. If a wire is poking you, dry the edge off and put a small piece of wax over the edge. Then **PLEASE CALL THE OFFICE!** (872-0623)
7. If you lose your rubber bands, headgear, retainer, or an appliance, **PLEASE CALL THE OFFICE!** (872-0623)
8. If you need to change an appointment time or date, please let us know 24 hours in advance, if possible. We respect your time, and if we know you will not be able to come in, we can make the most of our time.
9. Wear a mouthguard during any contact sports, including P.E. If you need one, we have some “one size fits-all” mouthguards at the office- just ask!
10. If at any time during treatment you should have any questions or concerns, please do not hesitate to let Dr. Cavanaugh or one of the staff know. If there is a problem, we would like to be aware of it so that we can do our best to find a solution.