



Rules of Orthodontic Treatment

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- **Compliance** In all cases, there is an element of patient and parent cooperation necessary to complete treatment in a timely manner. **This includes items such as wearing rubber bands, headgear, or retainers and keeping all scheduled appointments.** Failure to comply could dramatically extend the treatment time and potentially damage the teeth and supporting tissues.
- **Oral hygiene** During orthodontic treatment, oral hygiene becomes more difficult but remains critically important. Dr. Hertzberg highly recommends that you visit your dentist *at least* every 3 to 6 months for regular checkups. You will be provided an orthodontic toothbrush at the beginning of treatment, and you may request a new one at any time. Our staff will show you how to properly brush your teeth at the start of treatment. The majority of food and plaque will accumulate between the braces and the gums, so extra time should be spent brushing in little circles in that area. It is still important to brush everywhere though. Mechanical toothbrushes (Sonicare or Oral-B) are also recommended. Special orthodontic dental floss is available at any time or can be purchased at any drugstore. Regular dental floss can't be used because the wires will prevent the floss from going between the teeth. Failure to keep your teeth clean will result in permanent damage, which can result in expensive restorative work after treatment. In extreme situations, the braces will be removed early to prevent any further decay. Poor hygiene can also lead to infections of the mouth. In this case, antibiotics may be required.
- **Special Note for Kids Dentist Patients** please try to schedule cleanings and orthodontic check-ups at the same time. Let us know when your appointments at Kids Dentist are and we can usually accommodate. Dr Hertzberg likes to arrange checkups this way as a convenience to you and so he can take out the wires before the child's cleaning.