

BAILEY FAMILY DENTAL & BRACES

“HELPING PEOPLE THROUGH DENTISTRY”

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Oral Hygiene

Poor oral hygiene is the most common reason a case cannot be completed properly.

Plaque buildup around brackets can cause enamel to begin to break down. This is called decalcification and causes the tooth to become white and “chalky.” It is the beginning of tooth decay. If “decal” gets bad enough, the braces must be removed prematurely.

To prevent decal and decay around braces, we put a clear “sealer” on the tooth, we have patients use extra fluoride, and we “grade” the amount of plaque at each visit.

Red inflamed gums also occur from poor plaque removal. We will help with brushing and Waterpik™ use instructions.

Things to remember:

- Electric toothbrush and Waterpik™ are very important.
- Poor oral hygiene with braces can cause permanent damage you will have to “deal with” the rest of your life.
- Poor oral hygiene is the main reason we don’t get a perfect result on braces. Why?
--If damage is occurring, we have to remove the braces too early. (You are still responsible for the full cost of the braces.)
- Prescription fluoride once or twice a day is very important.
- Xylitol sweetener can help fight the tooth decay bacteria in plaque.
- Brushing technique is extremely important.
- What we do to help:
 1. We provide electric brushes and Waterpiks™ at or near “cost.”
 2. We put a “clear coat” on the teeth before the braces to help prevent “rotting” from poor hygiene.
 3. We provide a “traveling kit” for school/lunchtime for proper maintenance.
 4. We issue prescriptions for fluoride.
 5. We have a customized video on how to clean properly around braces.
 6. We give you a laminated “hangup” instruction sheet for your reference.
 7. We grade the “braces’ kids” every visit. If they receive an “A,” they get a gift card. If they get a “B” through “E,” we coach them on plaque removal (how and where to remove the plaque they are missing).
 8. If they receive a “C” through “E” more than once, we get the parents involved. (usually a note in the mail or verbally)