

ORTHODONTICS (BRACES)



Braces help restore proper function of teeth and create a winning smile. However, they can also create problems such as gingivitis and white spots, which can lead to tooth decay.¹⁻⁶

These problems can be minimized or prevented with good daily dental care:

The first step is good toothbrushing twice a day. A manual toothbrush works well if properly used, but individuals with brackets and other fixed orthodontic devices may find it easier to use a power or sonic toothbrush. However, even a sonic toothbrush can't remove all the plaque. Some areas in the mouth can't be reached with brushing alone; other tools may be needed.

The second step involves removing plaque from areas that a brush can't reach, like between your teeth and around brackets and wires. One easy effective way to remove plaque and improve gum health around these appliances is to use the Orthodontic Tip with the Waterpik® Water Flosser.

The Orthodontic Tip is designed with a tapered brush on the end to help remove plaque that sticks to the brackets and between the teeth, while also flushing the bacteria and food debris from around teeth and under the gums.

In a recent study, the Waterpik® Water Flosser removed three times as much plaque and reduced bleeding better than brushing and flossing in 11-17-year-olds with fixed orthodontic appliances. And they liked it so much that 92% said they would continue to use their water flosser "every day" or "frequently" when the study was completed.⁷

It's so important to have regular dental check-ups during orthodontic treatment. Using fluoridated toothpaste or adding a fluoride rinse to your routine can also help prevent white spots (decalcification) and decay.

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