

## Hygiene

As we have discussed during the treatment conference, your child's active treatment time and the success of treatment are strongly related to the degree of cooperation we receive. Dr. Snyder does not move teeth; he sets the forces in motion and the patient, through diligence and cooperation, maintains these forces by wearing specific appliances for the prescribed length of time.

Critical to a timely and successful result is cooperation with a conscientious hygiene program. We cannot stress to you enough the importance of strict adherence to the following key elements of oral hygiene:

1. **Proper Brushing:** We have provided you with a conveniently designed orthodontic toothbrush that cleans both the area of the tooth nearest the gum line and also the area between the teeth. These areas are most prone to dental problems and must be cleaned daily. Please encourage your child to look in the mirror during the brushing to verify toothbrush contact with these areas on each individual tooth.  
\* Please avoid using whitening toothpaste while in braces. Whitening toothpaste will leave teeth discolored.
2. **Flossing:** We have provided you with a sample of an orthodontic dental floss uniquely designed to clean trouble areas between teeth. Daily use of Superfloss can avoid the accumulation of dental plaque and maintain dental and gingival health.
3. **Fluoride Rinsing:** We recommend daily fluoride rinses with Act or Fluoraguard after evening brushing.
4. **Regular Dental Visits:** Your child's teeth can and should be checked for cavities and cleaned professionally while appliances are in place. We recommend dental visits every six months during orthodontic treatment.

It has been shown that cooperative patients obtain a better result in a shorter period of time. It is our goal to offer the finest service possible for each patient. We will be most appreciative of your continued cooperation.

If you have any questions during treatment, feel free to check our website for more information.

Sincerely,

Dr. Ron Snyder and Staff

