

BRACES SUCCESS CHECKLIST



BRUSH AFTER EVERY MEAL

- Use the new brushing accessories in your bag
- Follow the brushing diagram
- Grade your oral hygiene each night
- Participate in our No Cavities Club & Spectacular Brushing Contest

GET RELIEF FROM SORE TEETH

- Take over-the-counter pain relievers
- Rinse with warm salt water
- Chew plenty of sugar-free gum
- Put wax on your brackets to combat irritation



AVOID THE NO-NO FOODS

Be sure to follow the food list on the back of this card, avoiding anything on the no-no list. Remember, these items can damage or loosen your appliances, which could result in a longer treatment time!

WEAR YOUR ELASTICS

Wear your elastics as instructed by Dr. Goldreich. This is your opportunity to really help your treatment go quickly and improve the results. **If you get low or run out of your elastics, you can visit our patient supply box, open 24 hours a day, 7 days a week.**



SOMETHING LOOSE OR BROKEN?

Many issues can be resolved by looking at the **emergency section** of our website. If you suspect you may have a loose or broken appliance, please call or text us at **972-618-6611**. Bring any broken brackets and/or appliances to your next appointment.

HAVE A QUESTION?

Text **972-618-6611** or visit **PLANOBRACES.COM** for answers to frequently asked questions.

