

How to Care for Your Smile

SIMPLE HABITS. BIG RESULTS.

*good things
take time*



BRACES

CLEAN | PROTECT | ENJOY



Brush after every meal.

Use a soft-bristled toothbrush and fluoride toothpaste.



Clean between brackets.

Use interdental brushes or a water flosser.



Floss daily.

Use a floss threader, Superfloss, or water flosser.



Be mindful of what you eat.

Avoid hard, sticky, or crunchy foods (see separate food guide).



Keep your appointments.

Regular visits help keep your treatment on track.



Tell us if anything feels off.

Loose brackets or poking wires? Contact us so we can help.



CLEAR ALIGNERS

WEAR | CLEAN | KEEP ON TRACK



Wear 20–22 hours a day.

Only remove for eating, drinking anything other than water, brushing and flossing.



Clean them daily.

Rinse with lukewarm water and use a gentle, clear aligner cleaner. Avoid hot water.



Brush and floss before putting them back in.

This keeps your aligners clear and your teeth healthy.



Remove when eating

Food and colored drinks can stain or warp your aligners.



Store them in the case.

Keep them safe in their case when not in use.



Wear each set as directed.

Usually 1–2 weeks per set, follow your personalized plan.



RETAINERS

PROTECT | MAINTAIN | SMILE FOR LIFE



Wear as instructed.

Typically full-time at first, then nights only. Follow your doctor's recommendation.



Clean regularly.

Rinse with cool or lukewarm water and use a gentle retainer cleaner or mild soap. Avoid hot water.



Remove when eating or drinking.

Keep your retainer out to prevent damage and staining.



Store in a case.

Always keep your retainer in its case when not in your mouth.



Keep away from heat.

Hot water, car dashboards, and high heat can warp your retainer.



Let us know if it doesn't fit.

If your retainer feels tight, loose, or is lost or broken, contact us right away.



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