



FLOURIDE RINSE

Good oral hygiene is critical when wearing braces. Food that gets stuck around the braces can cause plaque, tooth decay, puffy gums and bad breath. Therefore, it is important that you brush your teeth at least twice a day, or after every meal and make sure to floss once a day as well.



In addition to regular brushing, we recommend using a Fluoride solution rinse to help protect your teeth from decalcification (white marks). Decalcification is a result of plaque and food being left on the tooth surface for extended periods of time. Oro-Naf is a 0.05% fluoride solution and available at Newgen PharmaChoice located on the first floor of the building next door to our office.

How to use the fluoride rinse:

- Use twice a day (we suggest after morning brush and before bed)
- Brush your teeth as you normally would
- Rinse so that no toothpaste remains on the teeth

- Swish or hold approximately ½ capful of Oro-Naf solution in the mouth for 90 seconds
- Spit out - ensure that the solution is never swallowed
- Do not rinse, drink or eat for 1 hour

*These instructions exceed the frequency recommended on the bottle and are only indicated during orthodontic treatment as recommended by Dr. Dueckman and Dr. Felty.

Dental hygiene during orthodontic treatment is your responsibility. Our staff can provide oral hygiene review and recommendations, but cannot enforce compliance between appointments. Successful completion of orthodontic treatment includes the long-term health of your teeth.