

HYGIENE

Great

Poor



Thorough brushing and flossing will prevent decalcification, cavities or permanent scars.

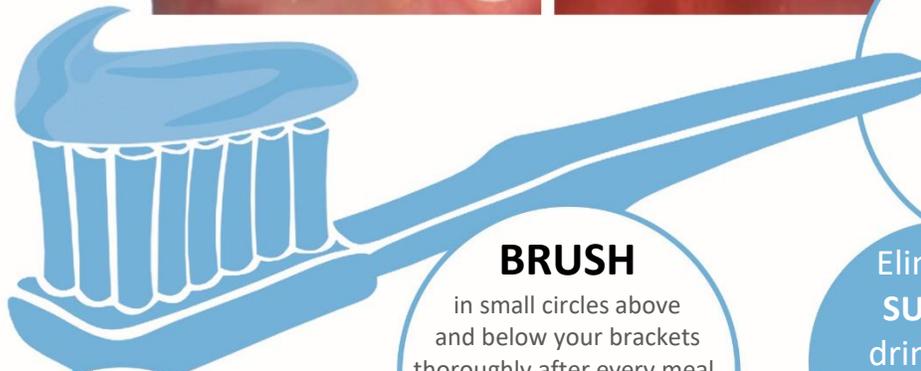


Permanent!

We advise cleanings with your

GENERAL DENTIST

at least every 6 months.



BRUSH

in small circles above and below your brackets thoroughly after every meal. Pay special attention to your gums.

Eliminate **SUGARY** drinks and sweets from your diet.

PERIDEX

Rinse with morning and evening as instructed on the bottle until it is gone.

CLINPRO 5000

Before bed at night, apply a thin ribbon of to your toothbrush. Do not rinse, eat or drink anything for 30 min after.

FLOSS

every night with Superfloss or floss threader.

A beautiful smile starts with you! Great home care prevents irreversible damage. If your hygiene does not improve, we may have to remove your braces.

Dr. Luff requires that you spend some time and effort stepping-up your hygiene routine. Our office is providing you with some products to help you improve in this area. For the very best oral health, follow all instructions as directed. We are committed to your care!



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