

As was discussed at the bonding appointment, oral hygiene is more difficult with braces. To minimize the chance of decay, we recommend more frequent visits to the dentist (every 3 months) at the start of treatment. If the teeth are being well maintained, your dentist may then suggest 6-9 month intervals. Good brushing and flossing as well as minimizing refined sugar intake, (sweets, pop and juices) is crucial for healthy teeth when the braces are removed.