

# Oral care recommendations during orthodontic treatment

Key to getting the most out of braces, fixed appliances or clear aligners is maintaining a good oral care routine throughout treatment. Here are some considerations to keep in mind.

## Diet

Braces and fixed appliances	Clear aligners
 Limit sugary foods and drinks	 Drink only water while wearing aligners
 Avoid sticky and/or hard food	 Remove aligners before eating
	 Brush teeth after eating or drinking foods that stain

## At-home care



### Additional guidance



**Kids**

Young kids with braces should have parents assist or supervise while brushing and use fluoridated toothpaste



**Twens/Teens**

Kids ages 11+ should start rinsing once per day with alcohol-free, antibacterial mouthwash



**Adults**

Adults should clean their tongue to fight bad breath

## Incorporate these products into your daily routine

**Philips Sonicare Power Flosser** uses Quad Stream nozzle to create four wide streams that thoroughly clean between teeth and along the gumline. It is proven to be up to 180% more effective than string floss at improving gum health.<sup>2</sup>

**Philips Sonicare InterCare brush head** with a Sonicare handle removes up to 7x more plaque with extra-long bristles that clean better around brackets and braces.<sup>3</sup>



**Philips Sonicare handles** are clinically tested and precision balanced for a superior clean.

## Addressing oral care conditions

	<p><b>Gum disease</b></p> <ul style="list-style-type: none"> <li>Increase brushing time to 3 minutes using a Sonicare power toothbrush in Gum Health mode</li> <li>Use a Premium Gum Care brush head</li> </ul>		<p><b>Cavities and decalcification</b></p> <ul style="list-style-type: none"> <li>Increase brushing time to 3 minutes using a Sonicare power toothbrush in Deep Clean mode</li> <li>Use a Premium Plaque Control brush head</li> </ul>
	<p><b>Bad breath</b></p> <ul style="list-style-type: none"> <li>Clean your tongue with Sonicare TongueCare+ and BreathRx mouthrinse twice daily</li> <li>BreathRx kills bacteria that cause bad breath</li> <li>TongueCare+ removes biofilm on the tongue and drives the antimicrobial rinse deep into the tongue surface</li> </ul>		<p><b>Stained teeth</b></p> <ul style="list-style-type: none"> <li>Philips Zoom! take-home professional whitening brightens teeth while minimizing sensitivity and helps protect enamel</li> <li>Use White mode on a Sonicare power toothbrush with Premium All-in-One brush head</li> </ul>

<sup>1</sup> When used on setting 8 with a manual toothbrush in patients with moderate to severe gingivitis vs. using manual toothbrush with string floss 2 vs. a manual toothbrush

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The 2017 World Workshop on the Classification of Periodontal and Peri-Implant Diseases and Conditions resulted in a new classification of periodontitis characterized by a multidimensional staging and grading system. These charts provide an overview. Please visit [perio.org/2017wwdc](http://perio.org/2017wwdc) for the complete suite of reviews, case definition papers, and consensus reports. Tables from Tonetti, Greenwell, Kornman. J Periodontol 2018;89 (Suppl 1): S159-S172.