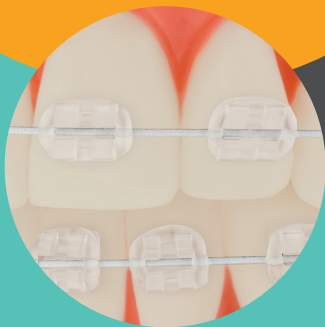


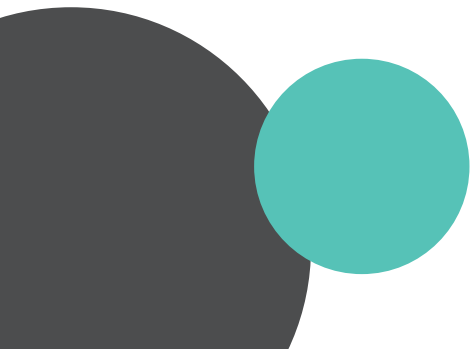
HOW TO CARE FOR YOUR COSMETIC BRACES.



Braces that match
your smile.

Congratulations on your new Cosmetic Braces!

Your orthodontist has chosen Cosmetic Braces especially for you. They feature *Personalized Color-Matching Technology*[®] that allows them to match your own tooth shade by blending in with the surrounding tooth enamel. There are certain guidelines you need to follow to ensure your braces continue to look great and perform well throughout your treatment.



FOLLOW THESE GUIDELINES FOR



Keep Your Appointments

Regular appointments are the key to keeping your orthodontic treatment on track; you will have several adjustments throughout your time in braces. It's also important to have your teeth cleaned regularly – just like before having braces. Maintain regular appointments with your dentist or dental hygienist.



Brush, Floss and Rinse Regularly

You probably already know to do this, but with braces it's more important than ever. Food can easily become trapped around braces and wires, increasing your chances for tooth decay (and bad breath).

Using a water flosser can also help prevent small pieces of food from getting trapped in between teeth and braces.

Ask your orthodontist about other ways you can clean between your braces; there are many options on the market that can be readily purchased. Your doctor may also recommend a fluoride rinse.



R A GREAT SMILE.



Rinse After Eating

If you are in a situation where you can't brush right away, rinsing with water is a good idea until you can get back to your tooth brush. Remember that Cosmetic Braces match your tooth color, so bits of food are easy to see.



Avoid Tough to Chew Foods

Foods like hard candy, taffy, or corn on the cob can damage your braces and/or wires. You should also avoid chewing on things like pencils or ice.



Protect Your Braces

If you play contact sports, be sure to wear a mouth guard made especially for braces. Your orthodontist can even have a custom mouth guard made for you.



Follow Doctor's Orders

As part of your orthodontic treatment, your doctor may have you wear elastics or other removable appliances. Be sure to follow the specific instruction provided to make sure your treatment goes as planned.

Share your journey and
show off your smile!

 [@cosmeticbraces](https://www.instagram.com/cosmeticbraces)

To learn more about
cosmetic braces, visit
cosmeticbraces.com.



Manufactured by TP Orthodontics, Inc.
A worldwide leader in orthodontic technology.
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