

Dear Patient:

We are concerned about your oral hygiene and Dr. Mullen thinks it is time to review proper brushing, proper diet, and to take some extra steps to keep things from worsening. If you are drinking soda, we would recommend cutting soda out of your diet. It is a very acidic drink and it will cause quite a bit of damage to your teeth. You should also cut back on other sugary drinks such as juices and sports drinks as well as sugary foods.

Your brushing technique right now is not doing a good enough job of keeping your teeth and braces clean, and we are going to recommend that you take a few extra steps to keep things clean:

1. We recommend investing in an electric toothbrush and using it to brush between your braces and your gums. Dr. Mullen prefers the Sonicare.
2. Before brushing, we recommend using "Inspector Hector" mouthwash, which can be found in many grocery and drug stores. Swish with this mouthwash before you brush and it will stain the areas where you need to brush blue. You will see exactly where you need to brush.
3. We recommend using Prevident 5000 Plus toothpaste, which has more fluoride than regular toothpaste. This requires a prescription, which we can give you, or we sell it here in our office (at a pharmacy it may be more expensive and is sometimes difficult to find)
4. Make sure you are flossing. If you can not remember how to floss, do not hesitate to ask us.
5. You should be brushing your teeth at least four times a day: Once after each meal, and once more before bed. There is no substitute for proper brushing and it is never more crucial than while orthodontic appliances are in place.

We also recommend an in-office fluoride treatment; a fluoride varnish. We will paint a high concentration of fluoride on your teeth that will cover your teeth and help protect them. The charge for this is \$40 and it should be done every other appointment (about every 3 months). It will no longer be necessary once you are doing an exceptional job keeping your teeth clean. If you should have questions or need more information regarding your oral hygiene, we will be happy to discuss it with you. Thank you for your help and concern in this matter.

Sincerely,

Russell Mullen, D.D.S.