

# World ORTHODONTIC Health Day



healthplex.



**May 15th**

## Tips to Care for Your Braces



Brush regularly after meals & snacks (*keep a travel toothbrush with you if possible*)



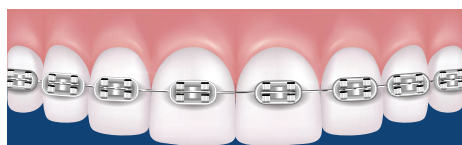
Recently had your braces removed? Don't forget to wear your retainer to keep your teeth nice and straight!



Continue to visit your regular Dentist for check-ups/cleanings 2x a year in addition to your visits with the Orthodontist



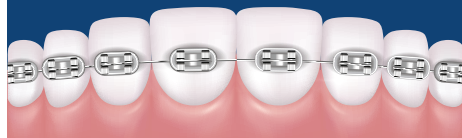
Avoid gum, lollipops and other sticky candy



## Does My Child Need Braces?

Signs your child might need orthodontic treatment

- Difficulty chewing or biting
- Grinding teeth (*especially at night*)
- Finger sucking
- Mouth breathing



The American Association of Orthodontics (AAO) recommends your child visit an Orthodontist for evaluation by age 7. Certain conditions may warrant an earlier visit to plan for the future. Ask your Dentist at your next regular check-up and cleaning if you need a referral! Only a Dentist can tell you if your child needs braces.

## Call Your Dentist Today!



## Fun Facts About Braces

- Braces have been around for **300 years**
- The type of wire used for braces was invented by **NASA**
- There are currently **4 million** people in the US undergoing orthodontic treatment

Question About Your Dental Benefits? Need a Local Dentist in Your Area?

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