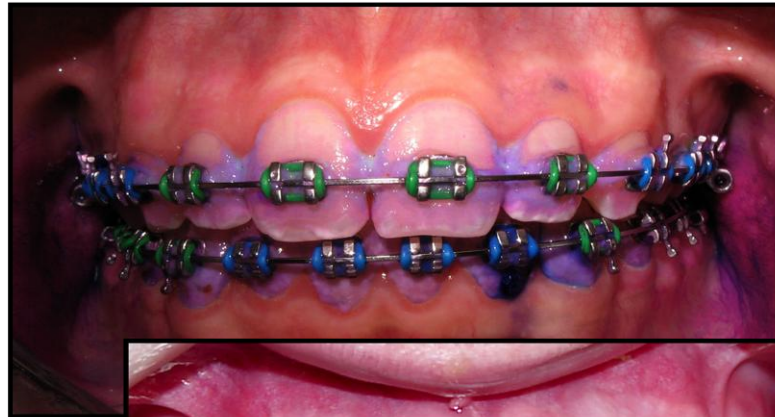




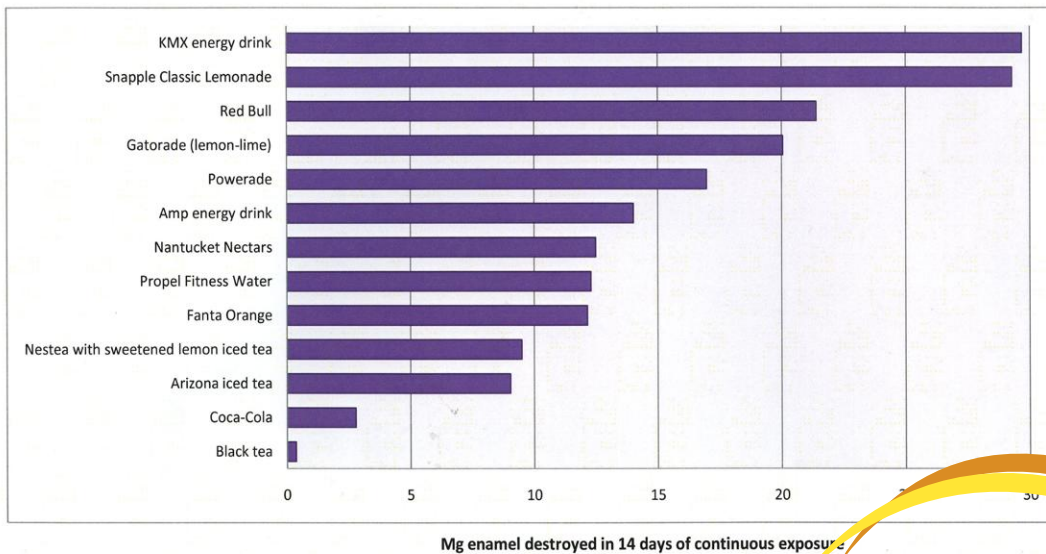
The Hygiene Issue

PROBLEM: There is an increasing problem in orthodontics illustrated by these two pictures. In the upper one, the disclosing solution shows the accumulation of damaging excess plaque. The lower picture is of a patient who transferred in with severe damage from lack of good hygiene.



CAUSE: The obvious cause is inadequate brushing but the underlying reason: **soft drinks**. This chart shows the amount of enamel destroyed due to sugar and the very acidic nature of some drinks including some you may think are "healthy". Notice Gatorade, Fitness Water and energy drinks on the list.

Most Harmful Drinks



FACTOID:
Mountain Dew
pH = 3.22
11 teaspoons of sugar
per 12 oz can.

1 Starbucks caramel frappuccinno

= 16 teaspoons of sugar

SOLUTION: At **Bentele Orthodontics** we have adopted the **Ortho Essentials Program** from **Oral B**. At each appointment a score is given for hygiene level. If the patient is struggling with the hygiene instruction then we'll recommend the Ortho Essentials electric toothbrush designed for braces. If it appears that decalcification damage is actually occurring to the teeth then we'll recommend our "Exceptional Care" program which consists of:

1) prescription Peridex mouthwash
2) prescription MI Paste+ to remineralize enamel
3) three applications of fluoride varnish
4) Opal Seal to protect the tooth surface

5 **EXCELLENT**
Awesome! You should be seeing clean teeth and healthy gums. Keep doing what you're doing.

4 **VERY GOOD**
You're almost aching it. You might see redness or enlargement of your gums around a few teeth. Keep doing what you're doing to get even better.

3 **AVERAGE**
You're getting there. You might see some redness or swelling of your gums. Keep on brushing, flossing, and rinsing.

2 **NOT SO GOOD**
Could make your treatment take longer. You might see plaque, chalky white spots on your teeth, or enlargement of your gums. Be sure to brush twice a day, floss at least once a day, and use your rinse.

1 **POOR**
Alert! You probably see plaque, chalky white spots on your teeth, or swollen, bleeding gums. Review the correct way to brush, floss, and rinse.



OUTCOME: Teeth that are straight AND beautiful.



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