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Teeth are like people; most keep just the right distance from each other, but there are some who are either too distant or too touchy-feely. Like society rules, devices like braces are installed on teeth to keep them in line. Metal braces arenâ€™t exactly the most aesthetically appealing devices that can be attached to your teeth, but with proper maintenance, you can enjoy the benefits of well-aligned pearly-whites.

Metal braces are made up of brackets, a wire, and bands that may or may not be colored. The brackets are attached to your teeth by a special adhesive. A wire is inserted between the brackets to keep them together, and, finally, the bands are wrapped around your teeth to keep the wire in place when the dentist adjusts them as needed. If you understand how braces work, caring for them wouldnâ€™t be so difficult.

Avoid food that is difficult to cut and chew. When your teeth clamp down on food, chances are some of that food will rub against the surface of your teeth. Hard food, like cookies and chips, can accidentally separate the brackets from the adhesive. Likewise, you donâ€™t want food like bubble gum to get stuck in the bracketsâ€™ tiny nooks and crannies. Eat soft food, and slice fruits like bananas and apples to manageable sizes.

Use a proxabrush on top of your regular toothbrush. Itâ€™s possible to clean your braces, as well as your teeth, with regular toothbrushes. It canâ€™t be avoided, however, for some food bits to get between the wires, bands, and brackets. A proxabrush lets you clean these otherwise hard-to-reach areas.

Have your dentist clean your teeth regularly. If you still feel food particles stuck to your teeth despite your best efforts, you can have your dentist in Yonkers NY clean your teeth. Itâ€™s normally recommended to visit the dentist at least once every six months. In your case, your appointments may be more frequent. In addition to cleaning your teeth, your dentist may spot oral health problems that you may not have noticed.

Go to your dentist as soon as possible if your braces are damaged. No matter how careful you are, itâ€™s still highly likely that youâ€™ll get into some kind of accident while you wear your braces. You probably couldnâ€™t resist eating that hard piece of pizza at a party, or you passed by some kids playing ball, which happened to fly directly on your teeth. If your dentist in Yonkers doesnâ€™t resolve your problem immediately, you may risk injuring your mouth tissues, among others.

Choose a dentist Yonkers residents trust for your bracesâ€™ care. For more information, read ehow.com/how_2383930_care-braces.html.

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