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Living with dental braces can be a little complicated as there are a lot of things you need to watch out for that could damage your braces and your teeth. This is why some people who need dental braces are discouraged from going to orthodontists because they think the hassle isnâ€™t worth it. Well, it is, and you can make it less of a hassle by knowing what to do.

When you were a kid, you were probably told by your parents and your dentist to brush and floss your teeth regularly to avoid any dental problems. This is easy enough, but when youâ€™re wearing dental braces, this could turn into a nightmare as chunks of food and bacteria can easily get stuck in all that metal. There are three common dental brace types to choose from: metal, crystal, and clear. Except for the clear aligners which need to be taken out as a whole when cleaning, there are a lot of simple things you can do to keep your braces clean and in good condition.

When youâ€™re wearing metal or crystal braces, NY orthodontists recommend that you brush your teeth immediately after eating. This helps prevent the formation of stains on your braces and on your teeth. You should use a gentle sawing motion when brushing your teeth to loosen any food particles that might have gotten stuck.

To floss, you need to remove the bands first, and you need to use a floss threader or super floss. A floss threader can help get the floss through the bracesâ€™ wire guide and around the teeth, while super floss has a stiff end and can be used much like a floss threader. Floss slowly and gently to avoid causing any damage on your dental braces.

You should also ask an orthodontist New York residents trust for dental wax for your braces. This is used on the areas in your mouth where the braces rub against the inside of your cheek. If you donâ€™t use dental wax, the metal might cause injuries on the flesh that could develop into painful ulcers and sores.

An orthodontist NYC has can also give you a list of the foods and beverages you need to avoid to maintain your braces. These usually include sticky stuff like gum, gummy bears, caramels, and most other types of candy. Hard foods such as raw apples, popcorn, and even hard crust breads are also on the list.

Make sure to visit only the best orthodontists NY has so youâ€™d be sure youâ€™re getting only the best service for your teeth. For more information, you can visit colgate.com/app/CP/US/EN/OC/Information/Interactive-Guides/Orthodontic-Basics.cvsp or bracesreview.com/how-to-keep-braces-clean.html.

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