

Caring for Teeth with Braces

- 1. Braces help to straighten teeth and improve dental function.**
True or false?
- 2. Why is it important to practice good oral hygiene habits when you have braces?**
 - a. Decay can form between braces and wires.
 - b. Wires will break.
 - c. Your teeth will not straighten.
- 3. What will happen if bacteria and food debris stay on teeth?**
 - a. A hole or cavity will form.
 - b. Acid will continue to attack your teeth.
 - c. Permanent light or dark spots could form.
 - d. All of the above.
- 4. Which of the following tools help to keep braces and teeth clean?**
 - a. Fluoride toothpaste.
 - b. Soft-bristled toothbrush.
 - c. Proxy brush.
 - d. Orthodontic floss & threader.
 - e. All of the above.
- 5. It's a good idea to rinse your mouth vigorously with water after eating if you don't have a toothbrush handy.**
True or false?
- 6. Sticky and chewy foods are great for your braces and teeth.**
True or false?
- 7. Crunchy foods are best eaten in bite-sized pieces.**
True or false?
- 8. Dentists suggest that people who wear braces should do the following:**
 - a. Suck their thumb.
 - b. Breathe through their mouth whenever possible.
 - c. Push their tongue against teeth.
 - d. Bite their lips.
 - e. None of these.
- 9. Sticky and chewy foods can bend wires or knock bands or brackets loose.**
True or false?
- 10. People who experience discomfort while wearing braces can:**
 - a. Eat soft foods.
 - b. Use acetaminophen or ibuprofen.
 - c. Eat a few ice cubes to cool off their mouth.
 - d. Use special wax to cover the wires that cause irritation.
 - e. a, b and d

Check your answers on the back



Answers

1. Braces help to straighten teeth and improve dental function.

True

2. Why is it important to practice good oral hygiene habits when you have braces?

a. Decay can form between braces and wires

3. What will happen if bacteria and food debris stay on teeth?

d. All of the above

4. Which of the following tools help to keep braces and teeth clean?

e. All of the above

5. It's a good idea to rinse your mouth vigorously with water after eating if you don't have a toothbrush handy.

True

6. Sticky and chewy foods are great for your braces and teeth.

False

7. Crunchy foods are best eaten in bite-sized pieces.

True

8. Dentists suggest that people who wear braces should do the following:

e. None of these

9. Sticky and chewy foods can bend wires or knock bands or brackets loose.

True

10. People who experience discomfort while wearing braces can:

e. a, b and d