

## Dr. Shapiro's Top 10 List of Do's and Don'ts

1. Do visit your general dentist every 6 months.



2. Do not eat sticky and hard foods as they will damage your braces.



3. Do not bite into hard foods with your front teeth.



4. Do call us ASAP if anything becomes broken or damaged!



5. Do use a pencil eraser to tuck in any poking wires.



6. Do Brush (3X each day) and Floss your teeth every night.



7. Do chew sugarless gum if you cannot brush your teeth.



8. Missed appointments will usually increase your treatment time.



9. Please wear your elastics (Rubber bands) exactly as instructed.



10. Always remember, we are here to help you. Call us if you need us.  
Cooperation and Communication are the keys to Successful Treatment

