


**CAUTION CAUTION CAUTION**

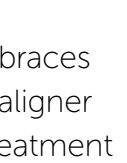
# YELLOW LIGHT FOR HYGIENE

We noted a significant amount of plaque today and progressed to the yellow light. We discussed the importance of good oral hygiene and took extra time to review cleaning techniques. For the duration of treatment, we will remain in Yellow Light, unless we note continued plaque build-up or enlarging white spots which would push us to the orange light. In order to provide the best long-term results for our patients, we take this seriously!



## GREEN LIGHT

- Brush at least 2 times each day with flouridated toothpaste
- Floss daily; we recommend Platypus flossers
- Reduce sugary drinks and snacks
- Keep professional cleanings every 6 months



## YELLOW LIGHT

- Continue GREEN LIGHT steps **and...**
- Parents check brushing every night
- Invest in an electric toothbrush with and orthodontic head and/or a Waterpik



## ORANGE LIGHT

continue GREEN+ YELLOW LIGHT steps **and...**

- use MI toothpaste at night (don't rinse!)
- Treat white spots
- Expect more frequent orthodontic visits to monitor hygiene closely



## RED LIGHT

continue GREEN, YELLOW, + ORANGE LIGHT steps **and...**

- Temporarily remove wires for easier cleanings
- Visit the hygienist every 3 months for cleanings
- Request parents brush and/or closely monitor oral hygiene habits
- Evaluate adjusting treatment plan

Progressing past the red light will require early braces removal. Sometimes this means converting to aligner treatment at an additional cost, or completing treatment without accomplishing treatment goals.



**Early Braces Removal**

Please note all recommendations on this sheet are helpful at all stages. For example, electric toothbrushes and more frequent dental cleanings (please check insurance coverage). White spots can progress quickly, so we trust YOU to follow these recommendations at home between appointments.

Please reach out with any questions or concerns - we are here to help!

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