



Frequently Asked Questions^{1, 2}

Easier.

Do I need to change my oral hygiene routine during treatment?

Yes, keeping your teeth and braces (or other appliances) clean requires a little more effort on your part. Your orthodontist will explain how to brush and floss, how often to brush and floss, and give you special instructions based on the kind of orthodontic treatment you are having. Be sure to follow your orthodontist's dental hygiene recommendations to get the best results possible. Check with your orthodontist about dental products and tools that might be helpful.

In general, patients with braces must be careful to avoid hard, sticky, chewy and crunchy foods. They should also avoid chewing on hard objects like pens, pencils and fingernails. And never chew ice. It's much too hard on your teeth—even without braces.

Also be sure to see your family dentist for a professional cleaning and check-up at least every six months during your orthodontic treatment, or more often, if recommended.

Faster. Easier.
Better.

Your orthodontist is using innovative technology to save you time and give you a better experience.

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How often should I brush?

Your orthodontist will give specific instructions, but in general, you should brush for two minutes after every meal or snack, and before bed. Carry a travel toothbrush and small tube of toothpaste with you so you can brush when you're away from home. Bring along floss and an interproximal brush, too. If you're in a pinch and absolutely are not in a position to brush after eating or drinking, at the very least, rinse with plain water. It can help you get rid of some food particles or traces of beverages.

What kind of toothpaste should I use?

Fluoride toothpaste, preferably without whitening agents, is recommended and approved by the American Dental Association.

How often should I floss?

A minimum of once a day.

Why is all this brushing and flossing necessary?

Brushing and flossing keep teeth and gums clean by removing plaque and food debris. When plaque and trapped food are left on the teeth and around braces, the outcome can be cavities, swollen gums, bad breath and white marks on the teeth. Maintaining good oral hygiene helps to minimize your time in treatment and contributes to a healthy result.



Smile, we're making braces easier.

For years, orthodontists have applied adhesive to the back of each of your braces to bond them to your teeth. Then, they had to scrape off the excess. It's been a tedious, time-consuming process for orthodontists and patients.

Lucky for you, your orthodontist uses pre-coated brackets with 3M™ APC™ Flash-Free Adhesive.



Individually packaged APC Flash-Free adhesive pre-coated bracket

Wait, what's APC Flash-Free adhesive?

Instead of having to clear away excess adhesive—also known as “flash”—APC Flash-Free adhesive pre-coated braces come individually packaged with the adhesive already applied. This innovative technology saves you and your orthodontist time, bringing efficiency to your bonding day.

Stays put with fewer failures.

When braces experience bond failure, they fall off your teeth. That means emergency visits to your orthodontist and more time wasted. Traditional methods for adhering braces to teeth fail more than twice as often as the APC Flash-Free system. So with APC Flash-Free adhesive pre-coated braces on your teeth, you can rest easy.

Better technology.

APC Flash-Free adhesive uses several of 3M's highly-advanced technologies—from nanotech to adhesives and nonwoven materials—to give you confidence you're getting the most out of your braces.

It's about time.

With no scraping to remove flash (excess adhesive), APC Flash-Free adhesive pre-coated braces can cut the time of your braces bonding appointment by 40%. That's 40% more time to get out and enjoy life.

Keep it clean.

Cleaning up flash comes with challenges. Bacteria can accumulate around any left behind, and if too much is removed, plaque can settle underneath your braces. APC Flash-Free adhesive pre-coated braces provides a smooth, consistent base to combat those effects.

Simply a great choice.

You can feel confident knowing your orthodontist is using the most efficient bonding system around to secure your braces so they stay put. Less time-intensive to place and remove, with APC Flash-Free adhesive you've got plenty to smile about.