



To get the very best results, it's important to do your part from the start.

At 3M, science is applied to our full line of preventive care products that help keep your mouth healthy.

The average person uses 3M science many times a day and doesn't even know it. We're in manufacturing, health care, electronics, energy, safety, consumer products and so much more.

Did you know that 3M is also an innovator of professional dental products? The next time you see the name 3M, know that we're diligently at work to help people just like you—from around the world—to have healthy, happy smiles.



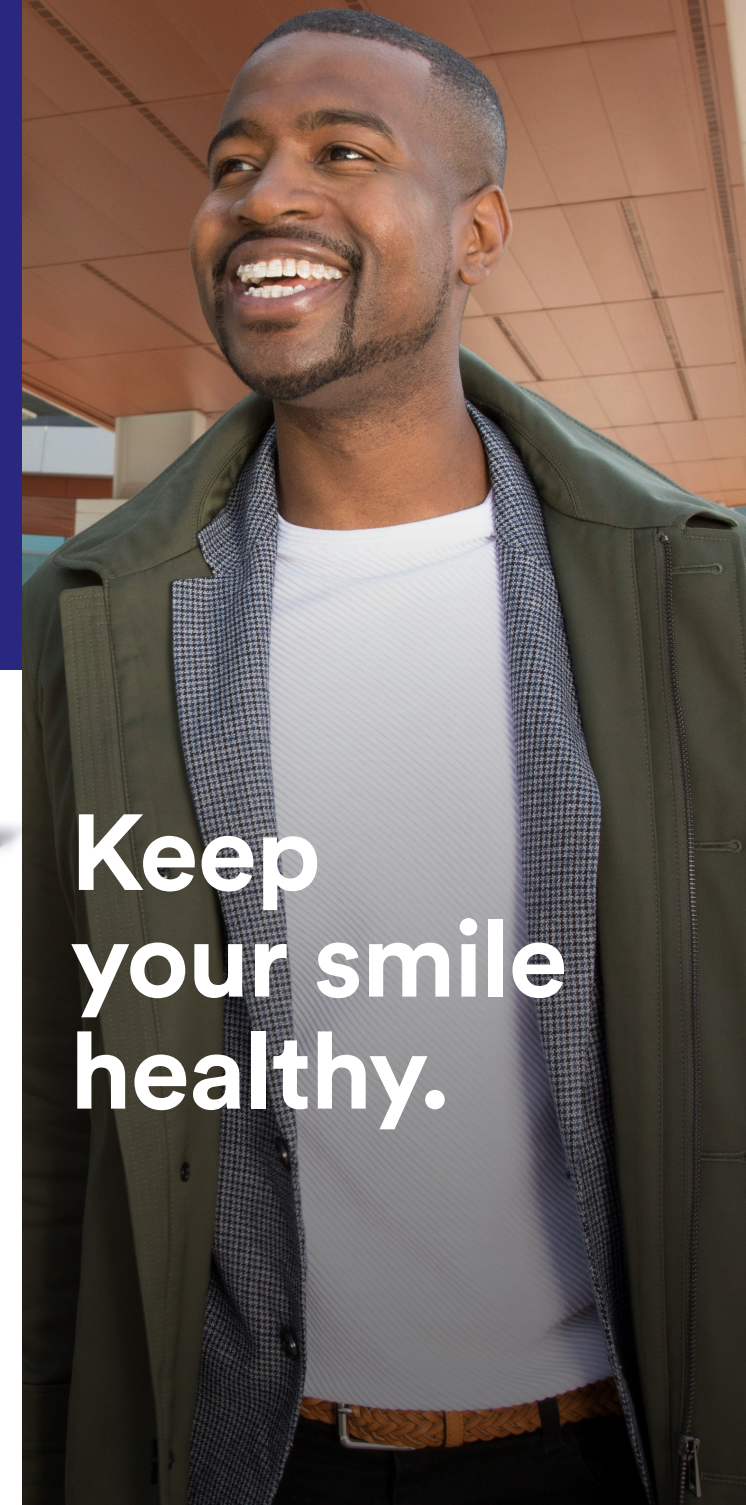
Learn more at
www.3M.com/OrthoPreventiveCare



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3M Science.
Applied to Life.™



Keep
your smile
healthy.

Did you know?

Patients undergoing orthodontic treatment have a higher risk of developing white spots, cavities, gingivitis and having bad breath.

Here's why. When you wear braces or clear aligners, it's easy for food to get trapped on your teeth. And when food is left on your teeth, it helps create plaque bacteria and acid—which can lead to unpleasant conditions you do not want.



There are three things you can do to help make sure your smile looks and feels great.

- 1 Brush thoroughly after each meal and floss at least once a day.
- 2 Follow your orthodontist's instructions, continue regular cleanings and dental exams every 6 months.
- 3 Ask your orthodontist about products 3M has developed that can help protect you from white spots and gingivitis.

Take extra care to avoid these problems.



White spots

Acidic foods, like soda, orange juice and coffee, pull minerals out of your teeth, leaving white spots—which can turn into cavities. To help protect your smile, ask your orthodontist about treatments that can be applied in the office or special toothpastes you can use at home.



Gingivitis

Orthodontic appliances make it challenging to clean around your gum line—which can lead to gingivitis. Symptoms are redness, swelling, tenderness and even bleeding. Left untreated, it can lengthen the time you spend in braces. Ask about special oral rinses available to help protect against, or treat, gingivitis.