

THE WINNING WIRE

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March Madness!

If your team made it to the Final Four, congratulations!!! Dr. Frey's Wolverines came up a little short this year; must make the most of this off-season! Good luck to the Red Raiders, Cavaliers, Spartans, and Tigers!

Fitness Challenge!

We said it was coming... You've seen the sign in the office... Finally, we are excited to begin the Champion Smiles Fitness Challenge! Patients and parents, join the Champion Smiles Team as we push each other to practice an active lifestyle! Look out for additional information or ask a Champion Smiles Team member about the Fitness Challenge!

Debond Day!

July 3rd, 8am-1pm, Hyattsville

Join us as we celebrate the reveal of your beautiful new smile! Light refreshments provided! *Limited availability!!*



Orthodontics and Oral Hygiene

Happy spring Champion Smiles family! In this edition of the Wire, we are going to dive into the importance of oral hygiene for orthodontic patients. This is such an important topic—parents, please share this with your kids!

Orthodontics is a unique dental procedure. First, treatment is rendered gradually over the course of months to years. Second, the success of the treatment is always contingent on faithful patient compliance. Patients are asked to follow diet rules, wear rubber bands and retainers, and must learn and master special oral hygiene techniques to maintain adequate oral health during treatment.

Good oral hygiene is always important, as poor oral health can lead to and be exacerbated by other systemic health problems. When orthodontic patients practice poor oral





Spotlight on...Jessica!

Jessica is our amazing treatment coordinator and an original member of the Champion Smiles Team!

"A great talent of mine is being a mother and a loving person, overall. My children have taught me to be the best mother I possibly can! I'm also a 'handywoman'! I love building new furniture, putting things together, and fixing things (with instructions, haha)! In fifth grade, I built a test grading machine using a pulley I got from my dad's work truck—how and why use a pulley?! I was a kid!"

"I am motivated to be a better version of myself in every aspect! As a mom, raising my children in God's path. At work, seeing the great change orthodontic treatment can make in someone's life and the happiness it brings!"

"My role models are my parents. They taught me to be the person I am today. The hardships and challenges they went through to give us a better life is what taught me to be a mother. My husband is also my role model because of his strong work ethic and desire to achieve."

"My favorite team is the Dallas Cowboys. I believe in them!"

"My favorite scripture is Romans 8:28, *And we know that all things work together for good to them that love God, to them who are called according to his purpose.*"

hygiene, oral health conditions can deteriorate, quickly!

Unfortunately, wearing braces does not make it easier to keep your teeth and gums clean. The brackets and wires make accessibility a challenge and can collect plaque and food debris. If patients are not committed to maintaining excellent oral hygiene during treatment, they can experience staining (white spots), cavities, and gum disease.



Notice in the photo above left, how the gingivae is swollen and inflamed. Also notice the enamel appears glazed because of plaque. Above right, observe the white stains that developed from plaque buildup around the braces and the cavity in between the two teeth on top.

Fortunately, the consequences of poor oral hygiene are 100% preventable! Our team is highly trained in oral hygiene instruction and we are passionate about helping patients maintain excellent oral hygiene. Here are a few things every orthodontic patient must know:

1. *Make sure you brush your teeth after every meal, including school lunch. If you need a doctor's note, let us know.*
2. *When you brush, make sure that you clean each surface of the teeth and brackets (top and bottom of the bracket; outside, inside, and chewing surfaces of the teeth; gums, tongue, and roof of mouth). If you are using a manual toothbrush, rotate the bristles in a circular motion.*
3. *Floss every night. If you haven't been flossing every night, don't be surprised if your gums are tender and bleed when you floss. This is because the gums are inflamed. Your body is telling you that you need to floss more!*
4. *Next time you are in the office, ask to schedule an oral hygiene instruction appointment. We will review the proper protocol and fine tune your technique!*

- Brent J. Frey, DDS

