



Braces checklist

Here's the ultimate guide to handling your Orthodontic treatment at school and keeping your treatment on track.

- Pre-book your appointments (normally every 8 weeks)
- Build a school orthodontics care kit

Get a small pencil case or toiletry bag and add these essentials so you are always ready:

- Toothbrush and Toothpaste
- Chapstick / Lipbalm
- Floss / Pikster tooth brushes
- Compact Mirror
- Extra Rubber bands (if using in treatment)
- Orthodontic Wax

Proper oral hygiene will keep your breath fresh, teeth white and gums healthy for years to come.

Call **1300 922 722** or go to
www.class1ortho.com.au



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