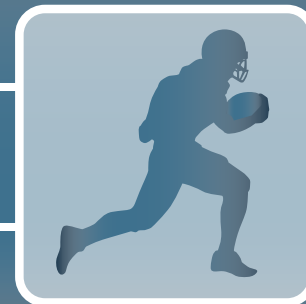
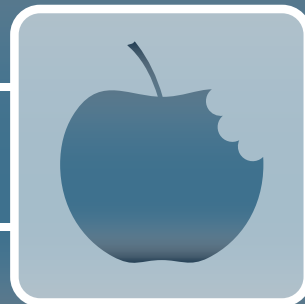




Your new braces are something to smile about!

Here are some useful tips that will help you maintain that picture perfect smile while Mystique® MB works its magic.

Treat your smile like a work of art with these simple tips:



RULE NUMBER 1:

Brush those braces. Food can easily find its way into and around your wires and brackets. That's why it's essential that you brush your teeth after every meal, before you go to sleep and when you wake up in the morning. This will not only help prevent tooth decay, it will keep your breath fresh.

RULE NUMBER 2:

Try water in a pinch. When you're out with friends, it might not be the right time or place to brush your teeth. No problem. Just rinse out your mouth with water until those visible food particles are gone. Your mouth will feel fresher and your smile will look better, too.

RULE NUMBER 3:

Hard to chew? Take a pass. If what you're about to eat looks like it might damage your braces, it probably will. So do yourself a favor and stay away from hard or sticky candy, corn on the cob, pizza crusts, bagels or any food that you think might harm your braces. Remember, damage to your braces will only lengthen your treatment time.

RULE NUMBER 4:

Play it smart. Play it safe. If you're into contact sports, don't take chances. It's a wise move to always wear gear that protects your mouth, especially if you wear braces. Make it a habit to pop in a mouth guard every time you suit up. Ask your doctor about the variety of mouthpieces that are available, and which one is right for you.

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