

# Here's the ultimate back to school orthodontic checklist to help your child keep their treatment on track during the school year:

## Pre-book your appointments

## Build a back to school orthodontic care kit

The school day will see your child eat lunch and at least one snack, so it's important that they're prepared to properly clean and look after their appliances during their school day.

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

Get a small pencil case or toiletry bag and add these essentials so that your child is always ready:

- A toothbrush
- Toothpaste
- Floss/Pikster tooth brushes
- A compact mirror
- Extra rubber bands (if using in their treatment)
- Orthodontic wax

