

# A World With Teeth

By Jordan Ament



Getting work on your teeth is something most people experience. It can be really painful, but it can be worth it. So don't cry it will all be done before you can say toothpaste!

Plaque – (PLL-AC) White, left over food in your mouth.

Dental work- an a appliance you get at the dentist such as, Braces, retainers, pallet expanders, habit bracer, and more.

## PUT THEM IN THEIR PLACE

There are different ways to apply different **dental work**. Right now you're going to learn how to apply braces, take some thing that expands your mouth, it goes all the way to the end of your jaw! Did you know that those colorful rubber bands are useful? The rubber bands tighten your braces. You get new rubber bands every time you go to the orthodontist. You need to tighten your braces so your teeth will straighten sooner. Experts say if you don't get braces and you need them you could get icky gooey cavities, trust me you don't want that! So get braces if you need them trust me its worth it!

## SCRAPE AND SCRAPE UNTIL YOU GET IT OUT

**Plaque** is left over food in your mouth, GROSS right? After you're done eating or before you go to bed floss! Flossing can get all the way in between your teeth and get out the plaque. Because of the thin floss the floss can get deeper in between your teeth. If you wait too long the plaque can build up and cause cavities. Don't just use your toothbrush; even those thin bristles on your toothbrush can't reach plaque. Flossing is your only option. (Besides going to the dentist they get that yucky plaque out for you.) So don't wait too long to floss. Drop this article right now and go floss,

GO!

## MR. AND MISSES CAVITIES

Have you ever had cavities Well you don't want one. Experts say harmful bacteria in your mouth cause cavities. I bet you know sugar can cause cavities so don't have it every day or you can get many cavities. Speaking of a lot of cavities did you know you can have more than six cavities at once! So you don't get cavities lets start a war with them! Brush two times a day and floss two times a week! Flossing also gets rid of plaque witch cases cavities. Now as long as you do as I told you your set with cavities and F.Y.I take it slower with the sugar.