



## **Caring for Your Teeth During Treatment**

**Congratulations!** You got your braces on today!

You may experience some discomfort for the first few days after your banding appointment. Take Tylenol or Advil, as needed, for pain and soreness until the symptoms diminish.

To maintain healthy teeth while wearing braces and to reduce the possibility of decay, decalcification, and gingivitis please follow these recommendations throughout treatment:

1. **BRUSH AFTER EVERY MEAL AND BEFORE BED.** Brush with a fluoride toothpaste for at least three minutes after breakfast and before going to bed. If you do not have toothpaste, brush with water.
2. **USE FLUORIDE TOOTHPASTE.** Fluoride attaches to weakened enamel and strengthens it.
3. **FLOSS AT LEAST ONCE A DAY.** The use of a Waterpik is helpful, but is not a replacement for brushing and flossing.
4. **MINIMIZE SUGAR INTAKE & SOFT DRINKS.** The bacteria that causes decay, decalcification and gingivitis utilizes fermentable carbohydrates (mainly sugar) as their food. The more fermentable carbohydrates in the mouth, the higher the bacterial count and the more likely problems could occur. The acid in carbonated soft drinks contribute to the breakdown of tooth enamel.

In conjunction with your orthodontic appointments, it is imperative that you see your general dentist every 6 months for check-ups and cleanings. Good hygiene and regular dental cleanings will help prevent permanent stains to your teeth.

We will work very hard to finish your treatment on time, but we need your help to stay on track and to make sure your teeth and gums are bright, shiny and healthy at the completion of treatment. Your compliance during treatment can affect your treatment time and results.

Each appointment is important. If you need to reschedule an appointment, call our office as soon as possible, as our schedule fills up quickly. If you miss an appointment for any reason, contact our office promptly to reschedule in order to keep your treatment progressing on time.

Our goal is to provide you with the best possible orthodontic treatment in a caring and fun environment! You will be awarded points at each of your regularly scheduled appointments. You will earn one point for each of the following:

- Being on time for your appointment
- Taking care of your appliances
- Keeping teeth clean
- Wearing headgear and wearing elastics.

When you reach 25 and 50 points you will receive a gift card in recognition of a job well done!



## **Home Remedies**

The following is a list of short-term, home remedies. These are not permanent repairs, but can make you more comfortable until your next appointment. In order to be seen for any of the problems listed below, you must have an appointment scheduled.

### **Problem**

### **Home Solutions**

#### **Soreness**

The use of Tylenol or Ibuprofen will alleviate mild pain. Rinsing with warm salt water will help with mouth sores.

#### **Loose Bracket**

If brackets or bands become loose DO NOT remove. If it comes off completely, place it in a zip lock bag. Call our office to schedule a repair appointment.

#### **Wire Poking Mouth**

As your teeth move, sometimes the wire may begin to poke the sides of your mouth. Place wax on the end of the wire for comfort and call our office to schedule an appointment to clip it.

#### **Wire Out of Slot**

Slide the wire back in the correct area, if you can. If this is not possible clip off the excess wire with a nail clipper. Be sure to place wax on end of the wire to avoid mouth sores and call our office to schedule a repair appointment.

#### **Appliance Causing Pain/Irritation**

If you have any irritation, use wax. The wax will act as a protective covering for the affected area. If problems persist, call our office to schedule an appointment to have it checked.

#### **Loose Appliance**

Call our office to schedule an appointment to have it checked.

#### **Power O's or Tiewire**

It is important to let us know about any lost Power O's before your next appointment. Call our office to schedule an appointment to have it checked.

#### **Broken Chain**

Call our office to schedule an appointment to have it replaced.

#### **Out of Elastics**

Stop by our office to pick some up or give us a call and we can mail them to you.