

Braces
Post Treatment Care Instructions

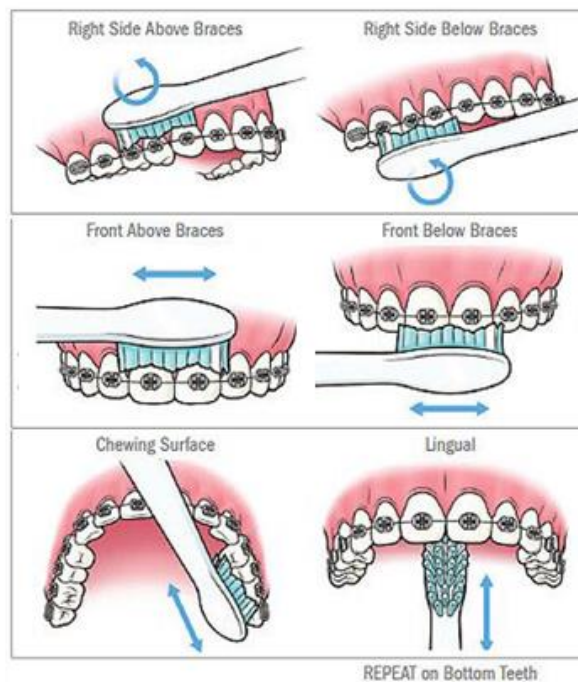
Oral Hygiene Instructions and Maintenance Tips:

It is highly crucial to maintain good oral hygiene while wearing braces as braces, wires, springs, rubber bands, and other appliances can attract food and plaque, which can stain your teeth, damage the tooth enamel and even cause gum disease. Follow the instructions given by your dental hygienist and orthodontist on how to keep your braces and other attachments clean.

Be sure to schedule regular visits with your general dentist while you wear braces. The dentist needs to continue dental cleanings and monitor for cavities and other dental needs.

Brushing

- Brush your teeth carefully after every meal
- Use fluoride toothpaste and a soft-bristled toothbrush, placing the brush at an angle of 45 degrees against the gums.
- If braces are fitted with elastics, remove them before brushing. You can place them back after the brushing routine.



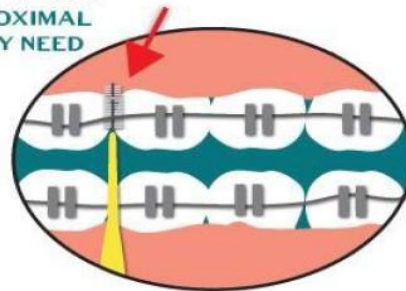
Interproximal Brush Use

- Next, brush using an interproximal brush, which is specially designed for cleaning between two braces brackets and underneath the wires.
- Insert and bring the interproximal brush down from the top and then up from the bottom between two brace, several times in each direction. Repeat in the next space between two braces and continue until all teeth have been brushed.

INTERPROXIMAL BRUSHES:

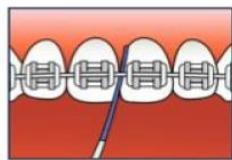
THERE ARE DIFFERENT SIZES OF INTERPROXIMAL BRUSHES FOR DIFFERENT SPACES YOU MAY NEED FEW TO GET EVERYWHERE

- 1. INSERT THE BRUSH BETWEEN THE TEETH UNDER THE WIRES**
- 2. BRUSH THE AREA**



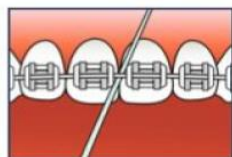
Flossing

- You must floss daily between the teeth and the braces to remove debris and food that may have accumulated.



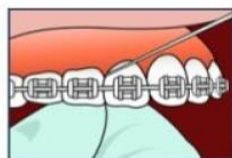
Step 1

Carefully thread unwaxed floss between braces and wire. You may find a floss threader helpful.



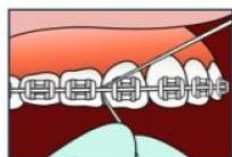
Step 2

Carefully floss around the braces.



Step 3

Carefully floss around the gum areas.




Step 4













Carefully floss around each tooth.

Eating

- Be careful with your appliances when you eat. For the first few days, soft foods will be the best to eat.
- Please do not eat anything that is very sticky or chewy. Avoid popcorn, hard chips (like Doritos), pretzels, granola bars, nuts, ice, and all types of gum.
- Do not bite into anything that is hard or crunchy (pizza crusts, bagels, apples, carrots, etc). Instead cut these things into little pieces and chew with your back teeth. Take your corn off the cob and cut meat off the bones.



EATING WITH BRACES

ENJOY	AVOID
 <p>Mac & Cheese Mashed Potatoes Sweet Potatoes</p>	 <p>Smoothies</p>
 <p>Soups</p>	 <p>Ice Cream</p>
 <p>Yogurt Cottage Cheese</p>	 <p>Cooked Carrots Avocados Cucumbers</p>
 <p>Tuna Salad Baked Fish Fillets</p>	 <p>Meatloaf Ravioli</p>
 <p>Sliced Bananas Diced Peaches Applesauce</p>	 <p>Scrambled or Hard Boiled Eggs</p>
 <p>Corn OFF the Cob</p>	 <p>Gum</p>
	 <p>Corn ON the Cob</p>
	 <p>Nuts</p>
	 <p>Chewing Ice</p>
	 <p>Popcorn</p>
	 <p>Chewy Bagels</p>
	 <p>Hard Candy Caramels Gummy Bears Taffy</p>
	 <p>Jerky</p>
	 <p>Chunky Peanut Butter</p>

Emergency Care

Instructions for Braces Pain, Irritation and After-Hours Needs

In orthodontics, there are few emergencies and most can be remedied at home. Below are suggestions for common problems with braces. If you are unable to resolve a situation on your own, please call us and we will fit you into our schedule as soon as possible.

Sore Teeth

- After an office visit, you may experience some soreness while you adjust to your braces. You can get some relief by taking regular painkillers such as paracetamol or ibuprofen. Children under 18 need parental consent before taking any medication. Eat soft, easy to chew foods until soreness improves. Warm saltwater rinses may also reduce soreness.

Wire and Bracket Irritation

- If you find your braces are irritating, you can cover the offending components with wax to avoid irritation.

Loose Band or Bracket

- In the event that a main wire or bracket comes loose, please do not attempt to rebond your band or bracket. You will need to contact our clinic as soon as possible to schedule a repair appointment or wait until your next due appointment for a repair. In the meantime, you can put wax over the bracket if it is still attached to the wire and rubbing up against your lips.
- Accidental swallowing of brackets and wires. The parts are usually broken down and pass out in the stool. But if you experience discomfort or pain, please contact us immediately. There may be a need to see medical Doctors for X-rays and possible surgical intervention to remove the swallowed parts.

Loose Arch Wire

- Sometimes the wire comes out of the back bracket due to the chewing forces. If this happens, it may be possible to take a pair of tweezers, grab the arch wire, and slide it back into the bracket.

Ulcers

- If you have an ulcer on your cheeks or gums, you can use ulcer gels as well as place wax on the bracket or wire causing the irritation. Ulcers will generally take 7-10 days to heal. Warm saltwater rinses may also aid healing.

If these helpful solutions don't work or you feel more comfortable having one of our staff members handle your emergency, please do not hesitate to contact us at the following branches: