



Getting Started



Beautiful Smiles

Scheduling an Appointment



Although we always **LOVE** to see you, your time is very important to us and it is always recommended that you call and schedule an appointment rather than walking in. This way we can give you our full attention for **your time**.

What to Expect

The first few days after your braces are placed on your teeth is a bit of an adjustment period. Your teeth may become sore due to the slight pressure from the braces and wires.

A softer diet is recommended to help keep this discomfort to a minimum (ice cream, milk shakes, smoothies, soups, cooked pastas, etc.)

If you experience any pain, over the counter pain reliever such as Tylenol or Children's Tylenol, may be used for any mild pain felt. This type of discomfort usually goes away after 24 - 48 hours.

We also provide wax packs that you can place on your braces to help with any sores/irritations that may occur while the inside of your mouth adapts to the braces. Warm salt water rinses are a great way to heal those irritations!

Foods to Avoid

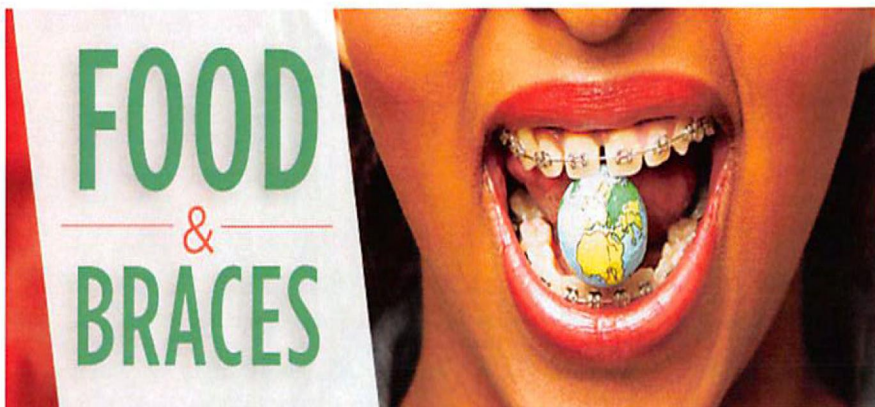
Stay away from anything...

hard, sticky, chewy, or crunchy

These may include ice, nuts, hard crusts, suckers, Jolly Ranchers, and Laffy Taffies. Use your best judgment.

You'll still be able to eat many of the same foods but you may need to eat them differently. Cut up foods into smaller pieces, take smaller bites and be aware of foods that might break those brackets off.





Diet Modification

Sticky, chewy, hard, crunchy foods can cause damage to your braces by breaking them or causing them to detach from your teeth. These foods can also damage the wires by bending or breaking them.

Avoid!
HARD/CHEWY/STICKY



Foods To Avoid:

GUM
NUTS
GRANOLA BARS
JOLLY RANCHERS
POPCORN
THICK PRETZELS
THICK PIZZA
CRUST
ICE CUBES

Enjoy!
SOFT/SMALL



Clean! Clean! Clean!

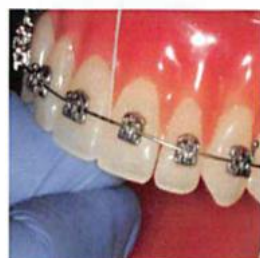
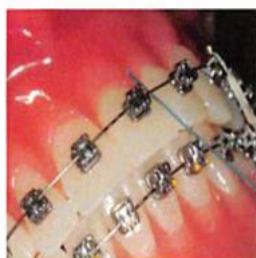
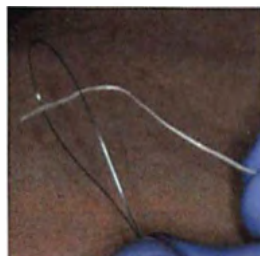
Brushing & flossing your teeth while wearing braces will present more of a challenge, since there are more places for food & plaque to collect. You should brush your teeth a minimum of 3-4x daily. Flossing should be done nightly.

If you don't have the opportunity to brush after lunch, rinse your mouth thoroughly with water and brush your teeth as soon as possible. You should brush your teeth for **3 minutes at a time**. If proper oral hygiene is not followed during treatment you are at risk for decalcification or white spots, and staining of teeth.

FLOSSING

Brush in small circles over your teeth at a 90 degree angle to get on top and under the brackets and wire. **Get those bristles working!** Now with braces on, you have many more nooks and crannies to scrub so make sure to use the Interproximal Brush (Christmas tree brush) to clean close to the bracket and under the wire.

A Waterpik is **recommended**. This will keep your teeth sparkling, clean, and healthy.



BRUSHING



WaterPik

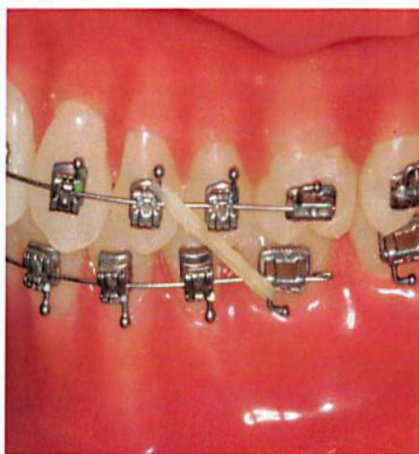


Interproximal Brush

Rubber bands

Specific to your treatment, we may ask you to wear rubber-bands. Nothing progresses your treatment *faster* than diligent rubber-band wear. The rubber-bands will help align your teeth and bite. We cannot stress enough the importance of wearing them 100% as instructed.

Wear your rubber-bands **24/7** unless instructed otherwise.



These are all different examples. Don't worry, depending on your case, you might not have to wear all these combinations! Just make sure to wear them as instructed for a faster treatment!

Wax

If your wire is irritating you or you have a sore spot on your cheek, be sure to dry and apply wax to the offending part.

Sugar free gum works that way too.

How to Apply Wax

Take a small ball of wax and wrap it around the offending area. However, the trick to it is to make sure that the area is completely dry or else it won't stick. Now, if you have a super wet mouth you might want to try sugar free gum rather than wax.



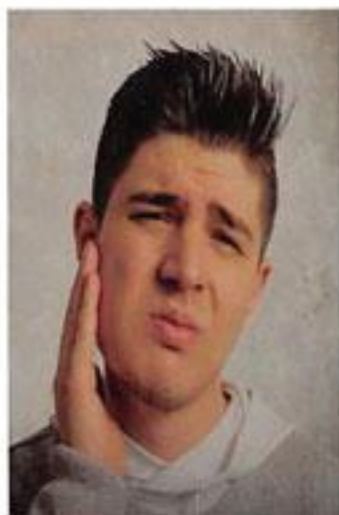
You can also use wax to stabilize a broken bracket if it's moving and causing irritation.

Soreness

Many of our patients find that Tylenol or ibuprofen and some cold water help relieve soreness over the first few days after a new wire. Everyone experiences soreness differently.

Your cheeks may also be a little tender. This too shall pass. Your tissues will toughen up to the new hardware in your mouth after 3-4 days.

If there is a particularly sore spot, use wax on the offending area.



Turbos

Also known as bite pillows or bite blocks. These can be a little uncomfortable at first, but in conjunction with your diligence in wearing rubber bands, they will speed treatment faster than anything else. *That is why they're called turbos.*

We usually place two but you **ONLY NEED ONE**. So if one breaks, no need for alarm. We will repair it at your next regular appointment.

They separate the teeth to "unlock" the bite from the opposing teeth which allows them to move easier and faster! We examine your bite at every appointment and will let you know when the turbos need to come off.

Eventually turbos wear down as you chew & eat. It's okay, we can adjust them as needed at your regularly scheduled appointments.

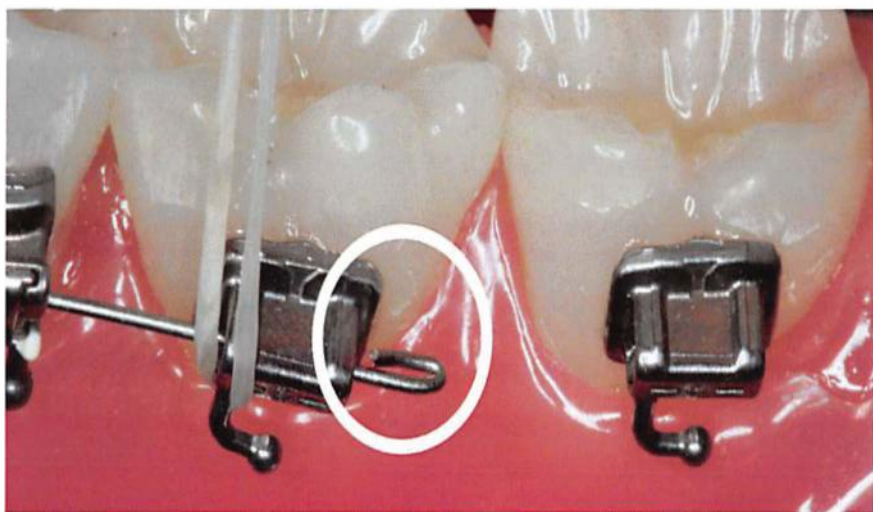


Just know **IT WILL BE DIFFICULT TO EAT AT FIRST**. That's normal. Cut things up in smaller pieces.

Cinch-backs

When you first get your braces, the first wire will not run all the way back to the 2nd molars due to the flex in the light wire. If it ran all the way back to the 2nd molars, it may possibly pop out and poke you. Therefore we place a curl (cinch-back) to hold the wire and prevent it from sliding left to right.

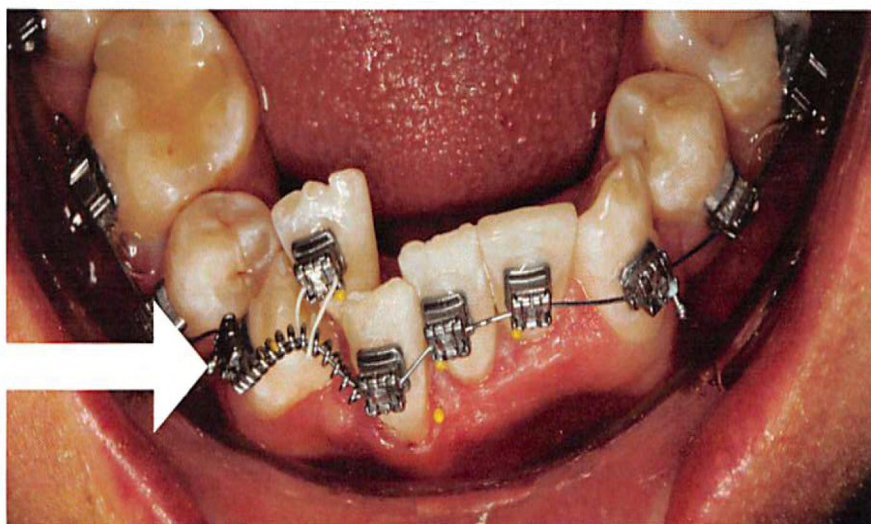
Don't worry, this is temporary after your first wire. All other wires will run all the way back to your 2nd molars and will not be cinched.



If the cinch on the wire comes undone while eating or for whatever reason, it is not an emergency. This is a rare instance, but it can happen. If the wire starts to poke or becomes uncomfortable, you can apply wax and call us to schedule an appointment. If it doesn't bother you as much, you can wait until your next visit.

Open Coil Springs

This compressed spring helps to lightly open space for erupting or blocked out teeth. They may be a little uncomfortable at first as space is being made.



Separators

Separators are small elastics (rubber bands), they are simply flossed into the contact where space is needed. While the separator is being placed, the patient may feel slight pressure or a "pushing" sensation - this is due to the pressure needed to allow the rubber band to squeeze through the contact of the teeth. Sometimes, as the separator begins to touch the gum tissue, a "pinch" feeling may be noticed. This sharp feeling will usually go away within a minute or two.

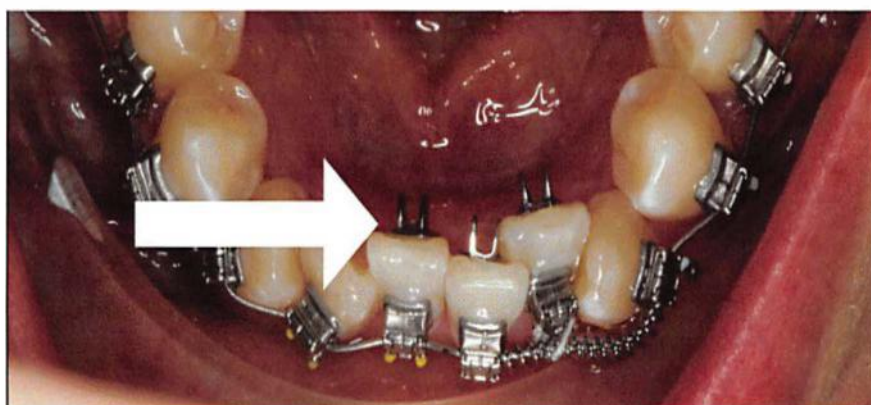
Once the separators are in place, the patient may notice that they feel as though a piece of food is caught between their

teeth. Usually within 4-6 hours after placement, there may be some discomfort from tooth pressure/movement. The patient must be cautious of the food that they eat while having separators on, stay away from sticky foods; especially bubble gum. If more than two separators fall out right after the placement, patients must call and make an appointment to place them again.



Tongue Tamers

Tongue tamers might take a while to get used to. They may be a little uncomfortable for a few days. If you are required to have them, know they are a very important part of your treatment. To make it more comfortable with the tongue tamers rest your tongue at the roof of your mouth. We want to retrain your tongue to rest at the roof of the mouth at all times. Your tongue is one of the strongest muscles, and with it resting against your teeth, your bite will never close.



Lingual Buttons

If your treatment requires lingual buttons, these will be placed on the inside surface of your teeth. They are used for a number of reasons, from closing space to wearing rubber bands. They may be a little uncomfortable and take a few days to get used to. If one of these buttons breaks, please give us a call to make an appointment and we will repair it.



What if a Bracket Breaks?

If you have a broken bracket that is sliding on the wire, **IT'S OK** and not an emergency. If you are in discomfort or wearing your rubber bands to that bracket, then give us a call and we will be happy to accommodate you the best we can. We want you to be comfortable throughout this whole experience.



Baby Teeth



Sometimes, if we notice a wiggly baby tooth we will run the wire over the bracket. This helps the tooth to gently guide the tooth out, so that it will fall out on its own. You can expect the tooth to be a little sore.

Occasionally a baby tooth may become real loose and fall out in between your visits, and may cause a tooth to dangle on the wire. If this happens give us a call and we can get you in to get it taken care of.

Parents don't worry about having to watch the baby teeth, we got that covered!



Colors



Colors are a reward for great brushing! So let's keep it clean people! Colors only go on the top four front teeth.

