

ORTHODONTIC TREATMENT WITH FIXED APPLIANCES

PROPER CLEANING HABITS

Tooth brush (soft bristles only) – place bristles where gums and tooth meet, use circular / vibrating motion around gum line 10 seconds on each tooth. **Interdental brush** is very useful for cleaning between teeth and also around the braces under the wire.

Water irrigator – use daily after brushing, low pressure setting, warm water, point water jet toward gum line. When finished, look in mirror to be sure braces are shiny and gums firm. If gums are sore or bleed, rinse with warm salt water. With continued proper oral hygiene these problems will soon disappear.

REMEMBER: HEALTHY GUMS DO NOT BLEED! A CLEAN MOUTH IS A HEALTHY MOUTH!

EATING HABITS THAT MUST STOP

Hard, brittle foods like popcorn, hard edges of pizza, hard candy. Any food that is hard to bite could break your braces!

Bubble gum, sticky candy – any food that is really sticky could loosen your braces!

Use common sense when choosing food to put in your mouth and remember to keep all hard objects out of your mouth!

SPACERS are small doughnut-shaped modules or springs placed between your teeth in order to create space for the bands to be accurately placed. Your teeth will be very sensitive, but the discomfort will be gone in a few days. To relieve any soreness, rinse your mouth with hot salt water and take an aspirin. If you lose any spacers call us before your next appointment. We will replace them.

BRACES

1. **Band** – the ring of metal that is glued onto the tooth.
2. **Bracket** – the attachment bonded to tooth.
3. **Archwire** – large removable wire that fits around the arch into the bracket slot.
4. **Ligature wire** - tiny wire that ties archwire into bracket.
5. **Elastic ligature** – plastic module that ties archwire into bracket.

Your braces are expensive, precise appliances for a specific purpose. Please take good care of them.

DAMAGED BRACES

Loose band, broken archwire, lost ligature wire: Call our office for an additional appointment! This could cause the teeth to shift in the wrong direction and must be replaced as soon as possible.

Sticker: When a wire sticks out and causes irritation tuck in with wooden match stick and dry with Kleenex and place wax over area to prevent sticking.

RETAINERS

At the end of active treatment the braces will be removed and impressions taken for your retainers. The retainers are designed to maintain your teeth in their corrected positions. Wear them as instructed by your doctor. Clean by brushing with tooth paste using warm (not hot) water. When not in mouth, retainer should be in the special box given to you (not wrapped in paper or put in pocket). Keep away from pets. Bring retainer to each appointment.

Continue good oral hygiene and flossing every night. Be checked by your dentist regularly.