

KIZIOR & YOUNG

Orthodontics

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Instructions for Braces

Eating with Braces

Damaged orthodontic appliances are probably the biggest nuisances in orthodontic treatment for both the doctor and the patient. Damaged appliances always mean extra appointments, inconvenience, and extended treatment time. Proper care, good eating habits, and great brushing will eliminate a lot of the breaking issues.

Eating **HARD** or **STICKY** foods can cause damage by knocking the brackets loose, bending the wires, or causing the cement to loosen under the bands.

DO NOT EAT or CHEW: Hard or Sticky Foods, Hard Crust, Popcorn (unless it is hullless), Gum, Ice

DO NOT BITE ON HARD OBJECTS: Pencils or Pens

CUT FOOD INTO SMALL PIECES

AVOID SUGARY SNACKS AND DRINKS: Soda and Gatorade

Daily Care with Braces

Soreness and discomfort on the cheeks and gums can be normal when orthodontic appliances are first placed or after adjustment appointments. An over-the-counter pain reliever may be used to relieve the discomfort. If soreness lasts greater than one week or causing profound sores or ulcers, please call the office.

Plaque builds up on your teeth, and if not removed, will cause decay, scars on your teeth, and gum infection. The plaque will form all over your teeth, but especially between your brackets and your gum line; therefore you must pay close attention to these areas. Brush at least 3 times a day (morning, after lunch and night: **5 minutes** each time). Before going to bed, brush with Prevident 5000 fluoride prescription strength toothpaste and floss. (Instructions on how to use Prevident is on the oral hygiene sheet)

Broken bands or brackets; broken or loose wire: If appliance becomes broken or loose, call our office during normal office hours, we will determine if an immediate appointment is needed-do not wait until your next appointment. **If it is painful or uncomfortable, call as soon as possible.** Notifying our office when appliances are loose or broken avoids the loss of progress and delays in treatment.

Wire or bracket is rubbing a sore in my mouth: If a wire is poking or a bracket is causing a sore spot, call our office and we will schedule you an appointment as needed. In the meantime, a small piece of wax rolled into a ball can be placed over the wire or bracket to keep it from rubbing or you can cut or smooth the wire as you see fit.

Dental care while I am in braces: You need to continue your regular dental care with your general dentist. A cleaning should be done every 6 months unless your dentist wants to see you more frequently.