

Braces / Orthodontics / Ortho Appliance

Every retainer, appliance or set of braces are specifically designed for each patient to ensure proper fit. Even so, the newness will often result in an adjustment period. If you have difficulty speaking, speak slowly, until your tongue becomes accustomed to the addition.

Please follow these instructions for care while in orthodontics

- You may experience some pressure and discomfort when orthodontic treatment first begins. Muscle and tooth soreness can last for 24-48 hours. During any sore periods of time, a soft diet, cutting food into small bites can help alleviate pain/discomfort
- White wax is available to place on sharp arch wire, bracket or band and will protect the irritated cheek or gum tissue
- Proper brushing and flossing are VERY important to help maintain the health of your teeth, gums and supporting bone. It is even MORE important to brush and floss regularly with braces because of all the areas where food and plaque can accumulate. Teeth should be brushed after all meals, snacks, drinks and before going to bed. Flossing should be done every day as well. Floss threaders or other devices can be used to assist in flossing. Be sure to see your hygienist as recommended, as you may need more frequent cleanings
- Certain foods will need to be avoided and patients should minimize their intake of sugary drinks or foods, which can contribute to plaque formation. Common sense will tell you what foods to avoid. Some examples are:
 - Sticky foods: caramels, taffy, Starbursts, Tootsie Rolls, licorice and gum
 - Crunchy and hard foods: nuts, hard candy, ice, hard taco shells, hard hoagie type sandwich rolls/breads, bagels, corn on the cob, apples and raw carrots (unless cut into small pieces)
- Oral habits and chewing on hard things such as pens, pencils and other objects can damage the braces and wires and could cause treatment to take longer

Should a bracket(s) or retainer becomes loose and/or breaks or if you have any concerns about your orthodontics treatment, please do not hesitate to call our office at (815) 725-5991