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*Diplomate of the American Board of Orthodontics*

*Practice Limited to Orthodontics / Dentofacial Orthopedics*

## **Your New Braces**

### **ORAL HYGIENE**

One of the most important things that you can do is keep your teeth and braces clean. You'll have healthy gums, your teeth won't get cavities and, of course, they'll look much nicer! The only catch is that, with braces, you'll have to work a lot harder to keep your teeth clean. One of our orthodontic assistants will show you how to brush with braces and give you a special oral hygiene kit to use at home. Never forget the importance of proper brushing. We will be checking you each visit and letting you know how well you do.



### **SORENESS**

Some soreness of the teeth can be expected at certain times during orthodontic treatment. This usually occurs after the braces are initially placed and occasionally after adjustment visits. This soreness may last a few hours to a few days--everyone is different. Your cheeks and lips may also become sore or irritated because they are not used to the braces. You will be given soft wax to be placed over the bands and brackets at night; this will act as a cushion for the lips and cheeks and allow them to adapt more quickly. (Secret: If you dry off the band or bracket first with a tissue, the wax will stick much better to the metal). Also quite helpful is the use of warm salt water rinsing twice a day for the first week. (Use ¼ teaspoon of salt in ½ cup of warm water).

### **MAINTENANCE**

We would like you to check your braces daily to see if any are loose or broken. This can happen occasionally, if you notice a "brace" that is loose or broken, please call our office right away so we can schedule an appointment for you. Depending upon the urgency, we may need to schedule you right away or you may be seen at a later date. Without a call, we often must schedule an extra visit to do the repair. Please inform us of any problems you may be having.

### **COMMUNICATION**

We take great pride in the fact that the braces we use are the best that modern technology has to offer. When patients take care of them as we suggest and follow our treatment recommendations, the results have been excellent. Remember that we are here to help you with any questions, concerns, or problems along the way.