



## New Patient Instructions

### • Brushing Instructions

- There are many surfaces to each bracket that must be brushed.
  - Top, front, sides and bottom.
  - Best technique is little circles of the brush, not a sawing motion.
- Remember to clean the area underneath the wire by angling the brush upward under the wire or using an interproximal brush.
- Do not forget the back and other surfaces of the teeth.
- We highly recommend a Sonicare. The best specials we've seen have been Costco.

### • Flossing

- Use the floss threader to get the floss under the wire and then floss normally.
- Can also use the pre-threaded flossers designed for braces for easier flossing.
  - Available at amazon.com and most drugstores and pharmacies
  - Search for "Plackers Orthopik" or "Platypus Ortho Flosser"
- Flossing is best at night when you have extra time because it cleans out that day's food.
- Waterpiks and Showerfloss are great for those who are less than perfect flossers.
- Shower floss is another great option [www.showerfloss.com](http://www.showerfloss.com)

### • Rinses

- We recommend two rinses:
  - Listerine in the morning for your gums.
  - And ACT Fluoride at night just before bed to strengthen your teeth.

### • Discomfort

- Soreness in your teeth is normal and will eventually disappear.
  - Tylenol is preferred (other NSAIDs may slow your teeth down) and take it according to label instructions.
- Sores and discomfort felt by the tongue, lips or cheeks may require wax to cushion the tissue for a few days while it heals.
  - Roll and warm the wax up in a little ball with your fingers and then gently press over the bothersome bracket.
  - Braces are like a new pair of shoes; takes some getting used to but feels comfortable soon.

### • Emergencies

- Pokey wires should be clipped by the office staff to make sure nothing is out of place.
- Accidents and injuries to the mouth involving broken jaws and displaced or broken teeth need to be seen right away by an oral surgeon. Sometimes
- There are few real emergencies with orthodontics, but if you have any questions please contact our office.
- Extreme pain is NOT a part of orthodontics and you should contact the office immediately if you feel something is painfully not right.

### • Broken brackets

- Brackets shouldn't break but sometimes do if you eat the wrong foods.
- Always call the office if you have a broken bracket so we can schedule enough time to fix it for you.
- Usually broken brackets are not an emergency, but please call our office and we will tell you if it can wait until your next appointment or if it should be done sooner.
- Brackets and appliances are pricey so if something comes off or breaks, please save it.

- We understand that sometimes broken brackets happen so we give you the first three broken brackets for free and then \$25 per bracket after that.
- **Cleanings and other dental work**
  - We do not perform cleanings or fillings so please remember to keep current with your regularly scheduled general dentistry appointments.
- **Foods to Avoid**
  - Always avoid hard, sticky, and chewy foods as they break brackets and can delay your treatment.
  - Sweets are okay once in a while as long as you brush afterwards to avoid cavities and permanent stains.
  - Sodas, sports drinks, and juices have acid and sugar and should be avoided. Remember to brush afterwards if you need to drink them.
  - Many of the foods you love can be modified so that they can work with braces.
    - Apples can be very thinly sliced so they are not dangerous to braces.
    - Carrots and other hard vegetables can be steamed and then chilled for a healthy but softer snack.
    - Try soft tacos instead of crunchy taco shells.
    - Chips and other crunchy food are NOT good for braces and will destroy them. The very thin lays potato chips and soft crackers like Ritz can be okay if eaten carefully.
    - Pastas and lasagnas are great foods to eat with braces.
    - Most breads are okay but avoid any with a crunchy crust like French bread and pizza crusts.
    - Sparkling mineral water is the only bubbly drink you can enjoy without worry. It has no sugar or acid to destroy teeth.
    - Use common sense when approaching food. We can't possibly list every food here that will break brackets.
- Don't forget to **enjoy the process**. You'll be amazed how fast teeth can move and if you ever feel frustrated, please let us know and we can give you the encouragement you need. We can always show you the original photos and you will see how far you've come towards a straighter smile!
- This is a partnership and **we're excited to be right here with you** on this journey, please call us immediately with any questions or concerns!