

# STARTING ORTHODONTIC TREATMENT

## How will it feel?

Whenever something new is placed in the mouth, it takes time to adjust. The first week after you get your braces is usually the toughest. Your teeth are just beginning to move and your cheeks are getting used to the braces and wires. It is perfectly normal for your teeth to become sore about 3 hours after you leave our office. Keep in mind that it should not be a sharp pain but more of a dull ache. It may be helpful to use over-the-counter pain medications, like Tylenol or Advil, to ease any discomfort (be sure to follow the dosing directions on the bottle).



## Foods to Avoid

The first week your braces are on you will want to stick to softer foods and chew more carefully. Once your teeth stop feeling sore you can return to a mostly normal diet, although a few adjustments will still be necessary. You need to avoid anything very hard, like chewing on ice, pens, pencils, or hard candies.

You also should avoid anything very sticky, like caramel, tootsie rolls, sugared gum, gum balls and laffy taffy. Try to cut all your food up into smaller pieces and chew slowly to avoid biting down too hard on anything. Things such as apples, celery, carrots or corn on the cob should be cut into small slices.

## Scheduling

We schedule all of our patients 4 to 8 weeks between visits. We strongly recommend making your next appointment at the end of your visits to ensure you reserve an appointment that works best with your schedule. Making an appointment right before you are due may be difficult as our schedule fills quite quickly. We try our best to accommodate all of our patients, so please help us by scheduling in a timely manner following your last appointment.



## Cleanings with your General Dentist

It is very important that you continue to see your general dentist for routine cleanings and exams while in orthodontic treatment. Please let us know as soon as you have a cleaning scheduled at your dental office. We will happily schedule you to be seen in our office before and after your cleaning in order to remove and replace your wires. We can also schedule your regular appointment around your cleaning so you can get everything done in a minimum number of appointments.

## Care Routine

**Brush.** An extra effort is required to remove food and plaque from your braces. Make sure to brush thoroughly at least twice a day and also after every meal when possible. In your braces kit you will find a timer to help ensure you are spending at least 2 minutes brushing. Brush in small circles above and below your brackets and pay special attention to your gums.



**Floss.** After you brush, it's important that you floss at least once a day to keep your gums healthy. We have provided several different flossing options: Superfloss and the orthoflossers that are specially designed for getting the floss under your wire.

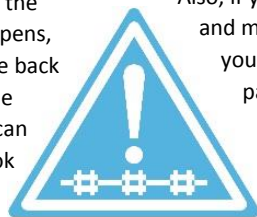


**Swish.** Finish up by rinsing with mouthwash.

## Troubleshooting:

### Wire Came Out:

When you start out in braces you have a very light, flexible wire. This means that on occasion the wire can flex or bend out of the very last bracket. If this happens, you can try to place the wire back through the small slot on the bracket. Alternatively, you can tuck the wire under the hook on the bracket so that it doesn't bother your cheek. Give us a call to get an appointment to fix it for you.



### Discomfort:

If anything feels sharp or pokey, you can use wax to cover it up. You will find a few packs in your start kit. If you run out and are not able to stop by our office, you can pick some more up at most major grocery stores. Roll a small piece of wax up into a ball, place it on the part of the braces that is causing the irritation, and squeeze it to get it to stick on.

Also, if you are sore, chewing on sugar-free gum stimulates blood flow to your gums and may help ease the soreness. Most discomfort disappears in a few days, but you may find it helpful to use over-the-counter pain medications to ease any pain (be sure to follow the dosing directions on the bottle).

### Breakage:

If you notice that one of your brackets is loose when you are brushing or eating it usually means that the bracket has come off of your tooth. Usually a loose bracket is not an emergency and can easily be fixed when it fits into your schedule. Give us a call and we can make you an appointment to have it repaired.

# REWARDS



## Invisalign

Invisalign is convenient and more comfortable than traditional braces. As you wear each set of aligners (also called trays), your teeth will gently and gradually shift into place. You will be instructed to put in a new set of aligners every one to two weeks. For the best results, you must wear your aligners 22 hours a day. We will see you back about every ten weeks. Most of the time, office visits will be 10 minute appointments. Occasionally a longer appointment will be needed to add or remove attachments. Take your aligners out to eat and to brush and floss. Keep your trays clean by simply brushing them and rinsing with lukewarm water. If your trays are not in your mouth, please put them in your case. This will help you to avoid throwing them away by accident. Please call us right away if you misplace your aligners and we'll get you fixed up.



## How do I use my reward card?

To login to our rewards program and redeem your points you can:

- 1) Download: Patient Rewards Hub App or visit our website and click on the Patient Rewards Hub Link.
- 2) Login: Enter your temporary username and password (found on the back of your rewards card).
- 3) Identify: Enter an e-mail address and create a new password.
- 4) Play games and redeem points for Gift Cards!

## How do I get reward points?

We have a rewards program called "My Patient Rewards Hub". When you come in for your appointments you will earn points for some of the following:

- Arriving on time for your appointment
- Having nothing broken
- Diligent wear of your aligners
- Good home care/oral hygiene
- Good behavior in the chair and office
- Wearing your sweatshirt to your appointment
- Checking in on Facebook for your appointments
- "Liking" our Facebook page
- Participate in our office/social media contests
- Follow us on Instagram
- Leave us a Google review ★★★★★
- Upload a selfie when you finish treatment.

## What is this "thingy" called?

If you're able to tell us what is uncomfortable or broken, it's easier to schedule an appointment to fix it.

### ARCHWIRE

Slides through all brackets and bands.

### BAND

Fits around teeth like a ring and has a bracket welded to it.

### BRACKET

Small attachment cemented to each tooth. Sometimes they have a **HOOK**.

### COLOR TIE

Fits around each bracket to hold the wire in.

### POWER CHAIN

Color ties that are connected. They are for closing any spaces you may have.

### ELASTICS

Rubber bands that create pressure to move your teeth and align your bite.



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