

Instructions for Braces

Avoid the following foods, they can break brackets or bend or break wires:

1. Hard foods like lollipops, nuts, ice cubes, hard crusty breads, bagels, raw carrots, pizza crust, hard chips like Doritos.
2. Sticky, chewy foods like gum, caramels, Tootsie Rolls, Skittles, Starburst, Air Heads, Twizzlers, Swedish Fish, gummy bears, jelly beans, Jolly Ranchers, etc.
3. Do NOT eat popcorn with braces. The hulls can get lodged under your gum tissue, and cause gum irritations or infections.
4. Soda, sports drinks, and energy drinks should be eliminated or drastically reduced. The acid and sugar in soda accelerates tooth decay and can contribute to white spots (decalcification) on the teeth.
5. Avoid foods with a lot of sugar due to the risk of tooth decay.

Don't bite directly into foods like apples, sub sandwiches, bagels, etc. Cut these foods into small pieces and chew them on the back teeth.

Remove corn from corn on the cob, and cut meat off the bone.

Do not chew on pens or pencils

Use common sense when eating: if it's too big or too hard it will cause damage to your braces.

Oral Hygiene

Brushing your teeth thoroughly after every meal and before bed is very important! Pay extra attention to brushing along the gumline. You may use an electric toothbrush or regular toothbrush. Poor hygiene can cause white spots on the teeth called decalcification, as well as gingivitis, which is inflammation of the gums.



Please use the Prevident 5000 toothpaste every evening while you have your braces on to minimize the risk of decay and white spots. Your first bottle is complimentary; when you run out, you can purchase more at the front desk.

You were given a small brush called a Proxabrush. This tree shaped brush is to be used to clean the tooth surface under the wire. Use it every time you brush your teeth! You can purchase more of these at local pharmacies or grocery stores.

Flossing is important for healthy gum tissue. You were given samples of special orthodontic flossers that make it easier to floss with the braces on. Please floss daily! You can get more of the flossers from WalMart, or order online from the manufacturer or Amazon.

Pain and Discomfort

The first week with braces can be uncomfortable, and after future visits, you may have discomfort for 1-2 days. If it hurts to chew, stick to softer foods until you feel better. If necessary, you may take a pain reliever like Advil (Ibuprofen) or Tylenol (acetaminophen) as needed. Drinking something cold can help as well.

Your inner cheeks and lips may become irritated by the braces. These areas will gradually become used to the appliances. You can use wax or OrthoDots to cover any area that is causing irritation. If you get canker sores, you can rinse with warm salt water or Peroxyl, a mild hydrogen peroxide solution to soothe those areas.

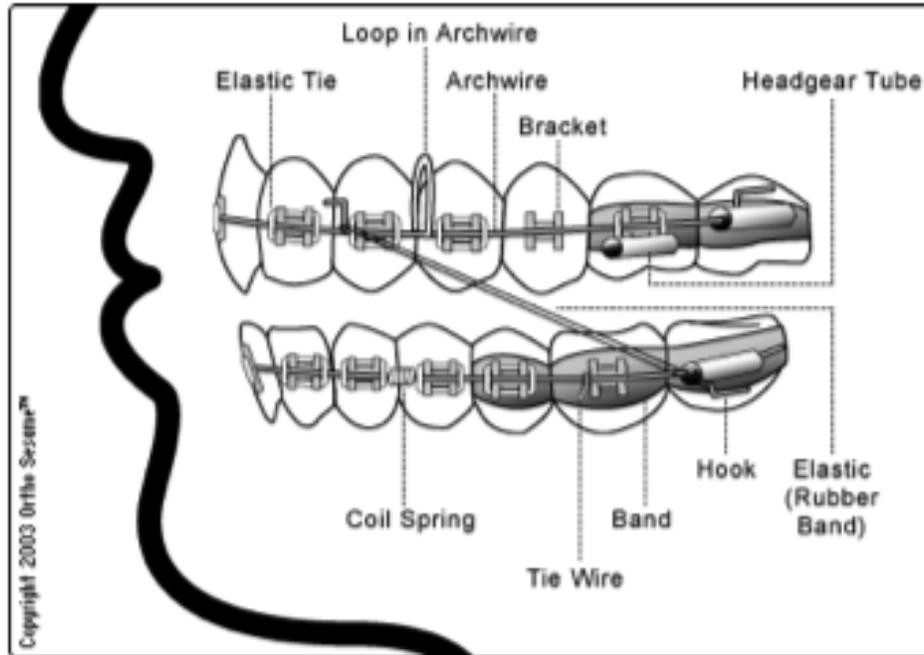
Emergencies

There are few emergencies that require immediate attention by the orthodontist. Most emergencies are simple and can be remedies in the following ways.

1. **Something sharp and sticking out:** see if you can push the wire in with a pencil eraser, but don't force it. If the wire is poking out the back of the bracket and catching your cheek, call the office for an appointment and we will clip it off.
2. **A bracket or band comes loose or off the tooth:** if the bracket or band is attached to the wire, leave it as is and call right away for an appointment. If it is off the tooth, please save the item and bring it in with you.
3. **Removable appliances (headgear, retainer, etc) that are bent, distorted or broken:** Do not wear, and call for an appointment as soon as you can.
4. Call for an **immediate** appointment (even if it's the weekend) if a wire is embedded in the gum tissue, and appliance is causing a large ulceration in the tissue, or if the gums are very red, bleeding, swelling up around the band or wire.

Please check appliances daily for loose bands, wires, or brackets. If a bracket is off or a wire is out or broken, **do not wait until your next appointment to tell us.** Call as soon as you find something loose, even if you have an appointment that day. If you come in with loose brackets, we will have to schedule a separate repair appointment.

The following is a diagram of orthodontic appliances. It will help you to identify the different parts of your braces. When calling in reference to problems with your braces, try to use the appropriate term for the part of the appliance you are concerned about. This way we can better help you.



Bonded brackets- Are bonded to the enamel of the teeth using a special adhesive.

Note: Damon System appliance brackets have a door that holds the wire in the bracket.

Archwires- These act as a guide or track along which the teeth are to be moved. They are reshaped and changed during treatment.

Bands- These are thin rings of metal, carefully fitted to the tooth and then cemented in place. They have tubes and brackets welded on them to help us move and control the tooth.

Elastics or Rubber bands-these provide force to help the upper and lower teeth bite together better.

Orthodontic Supplies and Where to get them

Preident 5000 Fluoride Toothpaste: Available at the front desk for purchase.

Flossers: Plackers Orthopick available at WalMart or online; Platypus flossers available online. Make sure any flossers you buy say they are for braces!

Sunstar GUM proxabrush: Size 614 is best for braces. Available at most grocery stores and pharmacies, or online.

Crest Glide Threader Floss: A single use, individually packaged piece of floss with a stiff end for threading under wires. Available at most stores in the toothbrushing supply aisle.

Toothbrushes: always get soft bristles for your toothbrushes, the brand doesn't matter. It's the technique, not the brush! A smaller head on the brush may make it easier to get in between the braces and the gumline.

Electric toothbrush: Dr. Parker recommends the Oral-B electric toothbrushes. You can get an orthodontic toothbrush head online which will help clean around the braces better than a regular head.

Mouth Guards: The Shock Doctor for braces is highly recommended to anybody with braces who plays contact sports. Available at Dick's Sporting Goods, Olympia Sports, or online.

Colgate Peroxyl: A mint flavored mild hydrogen peroxide solution. Very soothing for canker sores and helps promote healing. Purchase at many grocery stores or pharmacies.

Orthodontic Wax: Ask us at a regular appointment or stop in during office hours to get more. Can also be purchased at some pharmacies and grocery stores.

OrthoDots: Similar to wax, tends to stay on better than wax, especially in the back. The manufacturer says they are available at CVS stores, or you can order them online.