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DISCOMFORT around the teeth may be present for about 48 hours after braces are placed or adjusted. One or two pain relievers may be taken if the discomfort is too great.

DIET – avoid hard, sticky foods, and foods high in sugar content, specifically chewing gum, taffy, caramels, popcorn, candy apples, pizza crust, etc. These foods WILL loosen or break appliances and prolong treatment. (Hard foods such as apples, carrots, celery, etc. can be cut into pieces and chewed with the back teeth).

HYGIENE – more time and care is needed to clean the teeth after orthodontic appliances are placed. After every meal, brush your teeth and gums according to the method we demonstrated to you in the office and check them in a mirror to make sure you haven't missed any places. A WaterPik is strongly recommended. The bands should be shiny and the half-moon area between gum and band free of food. Flossing routinely is also imperative.

*REMEMBER – poor hygiene will not only cause swollen and bleeding gums and decay, but will also PROLONG treatment. Permanent staining of the teeth could also occur from poor oral hygiene.

COOPERATION – we will be counting on your help from time to time in wearing certain treatment aids such as biteplates, activators, a night brace, or elastics. These will help your treatment toward completion. Remember, without YOUR COOPERATION, treatment will be PROLONGED. (The night brace should not be worn while engaged in active sports or play.)

OFFICE VISITS – promptness is essential. Our office runs on 10 minute increments, so being just 10 minutes late for your appointment will highly impact our efficiency to run on time. If you wish to change an appointment, please notify the office as soon as possible. If you plan a vacation, let us know so we can schedule you accordingly. Before leaving the office, make sure all instructions regarding appliances are understood and there are no sharp edges, (which might cause irritation) and that you have a card for your next appointment. MISSED APPOINTMENTS MAY PROLONG TREATMENT.

BREAKAGE – do not pick at the wires or bands with your fingers, tongue, or other objects. This is a frequent cause of damage to the delicate appliances in your mouth. If a brace comes loose or something breaks, call the office during regular business hours and we will schedule you for a repair as soon as possible.

SHARP AREAS – if a part of the appliance is sticking or irritating your lips or cheeks, dry the area and place a small piece of softened white wax, which we gave you, over the area. Show these areas to us at your next visit. Anytime you need more wax, just ask.

DENTAL EXAMINATIONS – ORTHODONTIC TREATMENT DOES NOT TAKE THE PLACE OF PERIODIC DENTAL EXAMINATIONS. See your family dentist regularly at six-month intervals for check-ups, cleaning, and fluoride application.

Upon arriving at the office, sign in on the computer. If you need to brush your teeth go directly to the sinks and then return to the waiting room until your name is called to report to the clinic.