

## THE GUIDE TO ENJOYABLE ORTHODONTIC TREATMENT

The office staff and I welcome you as a new patient to our office and sincerely hope that your treatment is as pleasant as possible.

Please take a moment to read this information to aid you and us in caring for you throughout your treatment.

Having braces means that you must allow extra time for the brushing of your teeth. You should brush your teeth at least 3 times each day, particularly after meals. **A brush must be taken to work or school so that you may brush after lunch.** The techniques suggested for good oral hygiene will be demonstrated to you when you receive your appliances. You will receive one orthodontic toothbrush and one interproximal brush. Any additional or replacement brushes can be purchased at your local drug store.

Particular care must be taken in monitoring what you eat. HARD, BRITTLE, and STICKY food must be avoided.

This includes:

Hard candies	Hard breads
Popcorn	Pizza crusts
Gum (Including Freedent!)	Toffee
Nuts	Fruit Roll-Ups, Gummi bears, etc.

Whole fruits and vegetables (e.g. carrots, apples) must be cut up into small pieces and chewed with the back teeth only. Even the small “baby” carrots must be reduced in size to prevent breakages during chewing. Corn must be removed from the cob, and the meat removed from ribs.

**YOU MUST NOTIFY THE OFFICE IMMEDIATELY OF LOOSE, BROKEN OR LOST APPLIANCES** so that you will be given the appropriate time for their repair. **YOU MUST SEE YOUR FAMILY DENTIST EVERY THREE TO SIX MONTHS** during orthodontic treatment. Adult patients are required to see their dentist every three months in conjunction with periodic examinations by the periodontist, as indicated. It is important that you have regular cleanings and examinations during your orthodontic treatment to ensure the health of your teeth and support tissues.

Appliances generally break for two reasons:

- 1) Eating sticky, chewy food. You must therefore avoid gum, caramels, toffee, etc.
- 2) Biting on hard, crunchy food or objects such as ice, nuts, pens, pencils, etc.

Certain foods should be eaten with special care. This means cutting the food (pizza, apples, carrots, etc.) into small pieces and avoiding strong biting forces, particularly with the front teeth. Always cut corn off the cob and meat off the bone. Avoid hard crusts and popcorn.

You must also protect your teeth and appliances from damage during contact sports. Please inform the office if you require a mouth-guard, as it must be designed to adapt to your ever-changing bite.

Removable appliance (bite-planes, retainers, functional appliances, etc.) must be brushed with a toothbrush and toothpaste over a full sink of water ( so it will not break if dropped) after every meal and before it is inserted back into the mouth, and when it is removed and stored in its container (if full time wear is not required). Do not use the same toothbrush you use to brush your teeth, as this passes unwanted bacteria back and forth. At least once week, soak your appliance in a glass of water with Efferdent or Polident tablet. Only store your appliance in its container, not a tissue or napkin, as it will likely be thrown out. A fee is charged for the repair or replacement of appliances.

If your appliances or braces break, notify our office **IMMEDIATELY**, even if your appointment is the next or the **SAME** day. We will need to rearrange our schedule in order to repair or replace your appliance. Without proper notification your appointment will not take place and will need to be rescheduled. Messages can be left with the office 24 hours a day, seven days a week. If an emergency as all calls are monitored, including nights and weekends. **PLEASE REMEMBER TO LEAVE YOUR FULL NAME AND PHONE NUMBER** in your message.

**Instructions for improving you speech following receiving an appliance or braces:**

Please search for the "Rainbow Passage" and read this passage aloud multiple times per day.