

YOUR FIRST DAYS IN ORTHODONTIC TREATMENT AND HOW TO HANDLE MINOR ORTHODONTIC EMERGENCIES

HINTS -

Now that you have started orthodontic treatment, here are a few hints to help you through the first several days.

GENERAL SORENESS

- There might be a general soreness in the mouth. RinSing the mouth with a warm-salt-water mouthwash. Dissolve one teaspoon of salt in 8 ounces of warm water, and rinse your mouth vigorously.

The teeth will be tender. Take whatever you normally take for headache or similar pain. Also, the tissue in your mouth is adjusting to the braces. Wax and Orabase were given to you at your appointment. Please use as follows:

Orabase: Apply to the irritated areas of the cheek, tongue or lips.

Wax: Apply to the part of the brace that is causing the irritation.

Soreness should be better by the third or fourth day...maybe a little longer for adults.

EATING

Be careful to protect the orthodontic appliances when you eat. Faithfully follow our instructions on food to avoid. For the first day or so, soft foods will be more appropriate. Avoid tough meats, hard breads, raw vegetables, and any other specific foods we find can cause problems.

LOOSENING. OF TEETH

This is to be expected throughout treatment, it's normal, so don't be alarmed. The teeth must loosen first so that they can move, but ..they become rigidly fixed in their new positions.

LOOSE WIRE, BAND OR BRACKET

Occasionally a wire, band, bracket, or other things might come loose, when this happens don't be alarmed. When a wire that is normally positioned under the arch wire protrudes and is irritating carefully use a blunt instrument (back of a spoon or the eraser end of a pencil) to gently push the irritating wire back under the arch wire. Simply get it out of the way. If the main arch wire should become loose and is poking, cut the arch wire as close as possible to the next brace and remove the loose part.

COOPERATION

Success of treatment depends upon cooperation between you and the doctor, and staff. Please, be sure to:

WEAR the appliances as directed.

AVOID foods that can be damaging.

HANDLE emergencies promptly

ALWAYS be conscientious and responsible toward your treatment.

Quick, successful results depend on you, too.

It's very important that you keep your teeth, gums and appliances clean. At least once each day, spend a few moments with a mirror checking the appliances to make sure that they are thoroughly clean and in good shape.

ALWAYS SMILE AND BE PROUD OF YOUR APPLIANCES. After all, it shows the world that you take very good care, of yourself!