

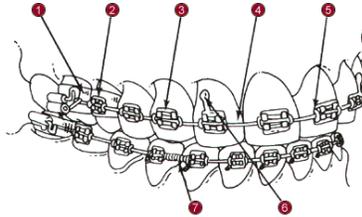
INSTRUCTIONS FOR YOUR NEW ORTHODONTIC APPLIANCES

The metal ring that goes around the tooth is the band or “handle” with which it gets hold of the tooth to move it.

1. The main wires that connect all of the teeth from side to side actually do the moving of the teeth.
2. The very small wires (tie wires or elastic rings) attach each of the teeth to the main wire. Sometimes these small twisted wires will get bent out and be very sharp. These wires should be kept pushed in toward the tooth at all times. Fingernails or a small object will do the job.

Naming the Parts of the Appliance:

1. Bands
2. Brackets
3. Bonded
4. Archwires
5. Elastics
6. Hooks
7. Coil Spring



3. If something sharp appears and cannot be pushed in or fixed, place some Ortho wax or cotton over the sharp area until the doctor can fix it.
4. Cleaning the teeth with braces will be more difficult than cleaning your teeth without braces, so work hard at it. The area between the gums and appliances is a hard area to clean, but it is the most important area. Check yourself in a mirror every day to be sure you are cleaning properly, to include flossing.

Tooth Brushing: Brush your teeth thoroughly after eating and before bed.

- a. Brush your teeth up and down and crosswise, one tooth at a time.
 - b. Be sure to brush and massage your gums as well as your teeth.
 - c. If toothpaste is unavailable, brush without.
 - d. If unable to brush, rinse mouth vigorously.
5. In addition to brushing and flossing well, it is highly recommended that an ADA approved fluoride be used daily.
 6. When movement first starts, the teeth become very sore. This soreness may last for a few days. Aspirin is usually all that will be necessary, to relieve the discomfort. Usually even that is not needed. A soft diet during this time will help. For irritated gums, rinse mouth with salt water (one teaspoon per glass).
 7. If any part of the braces becomes loose or comes off, call the office (596-3138) to see if it is necessary to come and see us.
 8. Your diet should be modified. **DO NOT** (we repeat) **DO NOT BITE** into extremely hard or sticky food, for example ice cubes, bubble gum, popcorn, caramels, etc. Apples, carrots, celery, etc., should be sliced before eating.
 9. The braces are not as strong as your own teeth, so be kind to them and take care of them. They will, in turn, do a great service for you.
 10. **IMPORTANT: Do Not Forget!**
 - a. If you are wearing a headgear or retainer, always bring it with you to each appointment.
 - b. If you are wearing elastics, do not remove them before entering the treatment room, as it will be necessary to check them.
 - c. Missed appointments will prolong treatment and are grounds for discontinuing treatment.
 - d. Cooperation in wearing elastics, headgear, removable appliances, and retainers is most essential to treatment success.
 - e. Poor cooperation will cause treatment to be discontinued.

11. General Dental Care:

- a. Before banding, all fillings should be completed and the teeth cleaned.
- b. As treatment progresses, it is the parent/patient’s responsibility to have all teeth examined and cleaned at regular intervals (6-12 months).