

## USEFUL HINTS TO ASSIST YOU AFTER YOUR BRACES ARE PLACED

SUCCESSFUL ORTHODONTIC TREATMENT is a partnership between the doctor and the patient. Dr. Reiss and his staff are dedicated to the best possible result for each patient. In order to attain this goal, patients must follow instructions carefully so that the teeth can move properly and on schedule.

### ORAL HYGIENE AIDS

Excellent, not just good oral hygiene is essential! We want to do everything that we can to help you. We have gathered together different supplies to assist in your home care regimen. It is important that you brush your teeth after every meal. We will show you how to use a toothbrush properly as well as dental floss and floss threaders to help you floss twice a day. Furthermore, you will receive a sample of a fluoride rinse and a prescription for the rinse. Other items included are mouth wash, wax, and a soothing antiseptic for sore spots and an oral hygiene photograph to help illustrate good and bad hygiene habits.

### DISCOMFORT

The mouth is very sensitive to changes and the introduction of any appliance means that you must expect a period of adjustment. The mouth has to form calluses to appliances and may ulcer until this occurs. We recommend wax to keep edges smooth, salt water rinses, and aspirin, Tylenol or Advil every four hours for two days. Some patients experience very little discomfort while others are sore for a few days. Soft foods are recommended at these times. Aspirin, Tylenol or Advil every four hours will usually relieve the tenderness and may even be started before an adjustment appointment.

### ORTHODONTIC EMERGENCIES

Orthodontic appliances are not toys. They are precisely designed to treat specific problems so they must be treated with care. Caution must be taken to avoid activities and foods which might loosen or dislodge parts which could be swallowed or inhaled. If a wire is broken or a band loosened the first objective is to remain calm. Then the back of an eraser can be used to tuck a small wire end out of the way. If there is no way success, take a wire cutter or toe nail clipper, alcohol it off, and carefully snip the wire in the area of discomfort. Phone the office during normal office hours to inform us of the problem so that we will be able to schedule the extra time needed during your regularly scheduled appointment to correct the problem. Only a patient in pain needs to inform the office immediately and can even reach Dr. Reiss at home if it is a weekend. Be sure to stop all rubberband wear if a bracket or wire break occurs.