

PATIENT AND PARENT INFORMATION

Orthodontics is the dental specialty that corrects poor tooth positions and facial disharmonies. Most patients see that their "teeth are crooked" or they have "buck teeth" or an "overbite". Orthodontic treatment corrects these and other disorders to give the patient an attractive smile, a balanced facial profile and a comfortable, functional bite.

THE FIRST DAY

About 6 to 10 hours after placement of the braces, there will be some soreness. The teeth may feel sore from the pressure of the wire starting to move the teeth, and the tongue and cheeks may become irritated from rubbing against the braces. To minimize your discomfort, start with eating only very soft foods. Take Tylenol as needed and recommended. Further relief may be gained by rinsing with cold water every few hours to soften the wire. If you feel sharp edges, use the wax as you were shown in the office.

Massaging your gums with a soft bristled toothbrush also helps to minimize your discomfort. You will usually feel the most discomfort the day after the braces are placed and then it feels better each succeeding day and usually you are back to normal in 2 or 3 days. When you return in six weeks for an adjustment, you will NOT experience this discomfort.

BRUSHING

Please brush three or four times each day: before and after school, after dinner, and before bed. Remember to brush in three places each time you brush (teeth, braces and gums). It is MOST important to brush your gums in addition to your teeth and braces. If you do not brush your gums, they will become swollen and inflamed. To properly massage your gums, place the toothbrush half on your gums and half on the tooth then move it in slow circles and snap the bristles up. You should use the "Christmas tree" toothbrush (proxybrush) to get under the wire and a long side the edges of the brackets. Finally, brush the insides and chewing surfaces of each tooth. Look in the mirror to make sure everything is clean and shiny. Ask another person to check. Plan to brush at least 2-3 minutes each time you brush. Use the sand timer to time yourself. Sometimes, it helps to brush first with just plain water to remove food debris then with a fluoride tooth paste for fine cleaning and polishing.

Remember to floss before going to bed. In the beginning, flossing takes time to thread under the wire and to wrap around the tooth to scrub under the gum to remove hidden food and plaque. Failure to maintain good oral hygiene can leave food and plaque around the brackets and under the gum which can cause decalcification (permanent white stain and tooth damage) and slow your treatment.

DIET

Use common sense when eating any food. Avoid sticky foods that might bend wires, or loosen the bands or bonds. Most other foods can be eaten if first cut into bite sized pieces. Chewing on pens and pencils is NOT allowed. Broken orthodontic appliances (bonds, brackets) will mean extra appointments (often during school), inconvenience and extended treatment times.

EMERGENCY

Always call whenever something breaks. It is not an emergency unless it bothers you, but we want to schedule a repair as soon as possible. Even if your appointment is the next day, please call and tell us something is broken so we can adjust our schedule to take care of the problem and also provide your regular adjustment. If you play sports, wear a mouth guard to minimize injury and breakage.

DENTAL VISITS

Please make sure you have your regular dental examinations and cleanings. If your dentist wants the arch wires removed for the cleaning, please schedule an appointment with us to provide this service. To make it easier for everyone, try to schedule your cleanings the same day as your regular orthodontic adjustments. If recommended by your dentist or us, schedule your cleanings every three or four months instead of every six.

THE FINAL RESULT

It is simple. The more you cooperate, the faster and easier your teeth will move to the best result possible.

Thank you!

Dr. Khiem B. Pham-Nguyen\

ORTHODONTIC BRUSHING AND FLOSSING PROCEDURES

BRUSHING

With your toothbrush (soft bristles only):

WHEN?

After every meal.
If you cannot brush right away, rinse well with water.

- 1 Use a dry brush with a small amount of toothpaste. Place bristles where gums and teeth meet.



- 2 Use circular, vibrating motions around the gum lines, 10 seconds on each tooth.



- 3 Brush slowly, each arch separately, every tooth.



- 4 Brush the lower teeth up and the upper teeth down. Brush your tongue and the roof of your mouth too!



CONCENTRATE ON THE DANGER ZONE!

... the space between the bands or brackets and the gums!

FLOSSING

WHEN?

Nightly after brushing.

HOW?

Use floss threader between gums and braces.

WHY?

Removes plaque toothbrush misses.

- 5 Carefully pull unwaxed floss between wire and braces. A floss threader may be helpful.



- 6 Floss carefully around the braces.



- 7 Floss carefully around the gum area.



Special brushes can be used for hard-to-clean places.

- 8 Floss carefully around each tooth.



Mint
Menthe

Dental Floss
Soie dentaire

Oral-B®

Superfloss™

*Ideal for braces, bridges and
wide spaces*

*Idéale pour appareils orthodontiques,
ponts et dents espacées*



Softened end to floss
under appliances

Soie dentaire à extrémité rigide
pour nettoyer sous les appareils
dentaires



Spongy-floss to clean around
appliances and in wide spaces

Section spongieuse pour nettoyer
entre les dents espacées et autour
des appareils dentaires



Regular floss to remove
plaque under gumline

Soie dentaire régulière pour enlever
la plaque sous la ligne des gencives

50 Pre-Cut Strands
50 fils pré-coupés

REMEMBER PART OF THE TREATMENT INCLUDES TAKING CARE OF THE APPLIANCE.

1. USE COMMON SENSE WHEN CHOOSING THE FOOD TO IN YOUR MOUTH.
2. BRUSH, FLOSS AND RINSE DAILY.
3. TAKE THE TIME TO EAT AND PAY ATTENTION TO WHAT YOU ARE EATING.



FORBIDDEN HARD FOODS

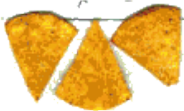
Nuts



Popcorn



Corn Chips



Hard Candy



Cook or cut into small pieces



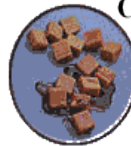
and eat carefully



Corn on the cob

FORBIDDEN SOFT FOODS

Caramel



Bubble Gum



Gummy Bears



Drinks that contain a lot of sugar



Bagels

Jelly beans



Flavours used in sweets such as Jelly Beans are often from natural sources

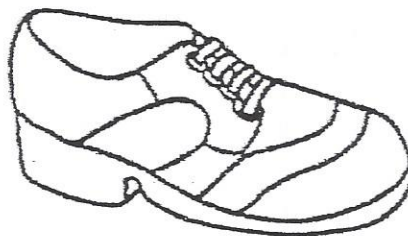
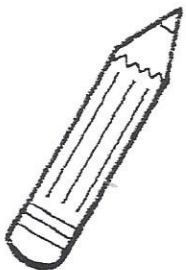
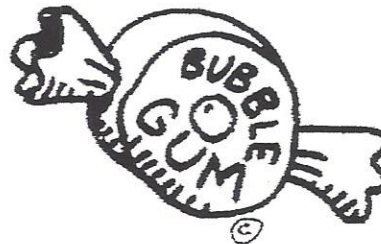
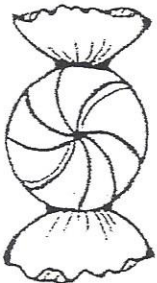
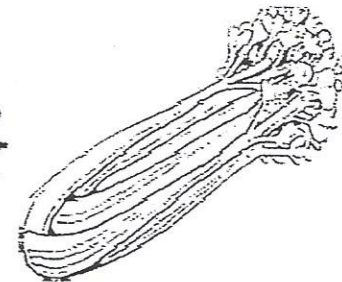
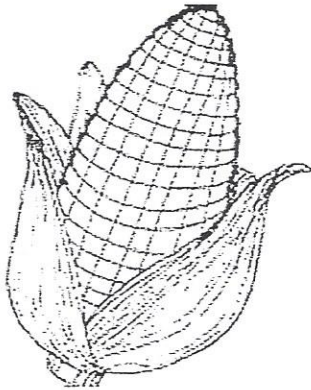
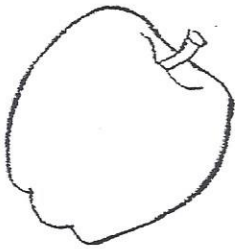
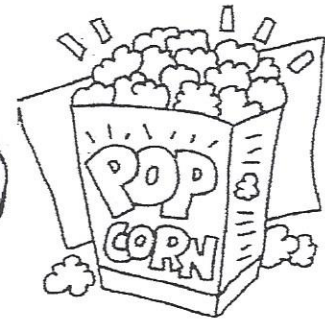
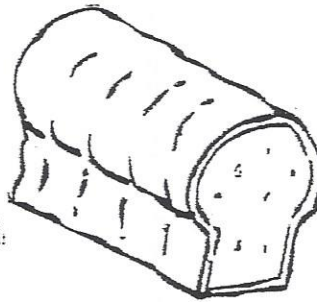
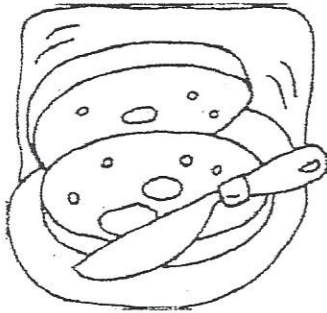
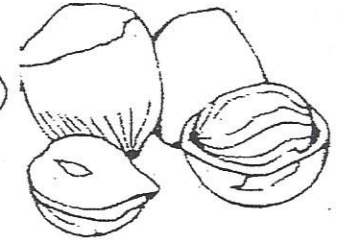
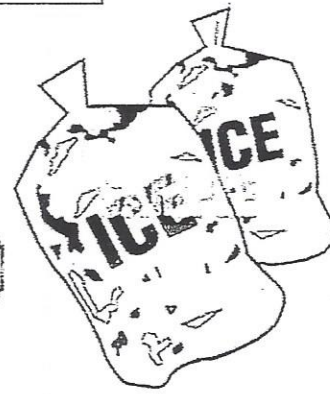
Starburst



***** ALWAYS REMEMBER TO CUT EVERYTHING IS TINY PIECES AND CHEW WITH YOUR BACK TEETH ONLY!!!! DO NOT BITE INTO ANYTHING AND DO NOT EAT ANY HARD, STICKY OR CRUNCHY (INCLUDING GRANOLA BARS)!!!!**

Things to Avoid

NO



Handling Orthodontic Emergencies

TOOLS & SUPPLIES

- Non-medicated orthodontic relief wax
- Dental floss
- Sterile tweezers
- Small, sharp clipper
- Q-tips
- Salt
- Interproximal brush
- Toothpicks
- Topical Anesthetic (such as Orabase or Ora-Gel)

A. Ligature

The archwire is held to each bracket with a ligature, which can be either a tiny elastic or a twisted wire.

B. Archwire

The archwire is tied to all of the brackets and creates force to move teeth into proper alignment.

C. Brackets

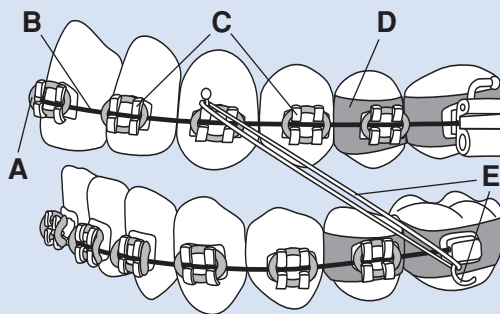
Brackets are connected to the bands, or directly bonded on the teeth, and hold the archwire in place.

D. Metal Band

The band is the cemented ring of metal which wraps around the tooth.

E. Elastic Hooks & Rubber Bands

Elastic hooks are used for the attachment of rubber bands, which help move teeth toward their final position.



EMERGENCY TREATMENTS

The following orthodontic emergencies and their treatments are listed in the order of the least severe to the most severe. Only the most severe emergencies may require immediate attention by an orthodontist. The majority of these are easily treated with a follow-up by the patient's orthodontist.

Food Caught Between Teeth



This is not an emergency, but can be a little uncomfortable or embarrassing for the braces-wearing patient. It is easily fixed with a piece of dental floss. Try tying a small knot in the middle of the floss to help remove the food, or use an interproximal brush or toothpick to dislodge food caught between teeth and braces.

Ligatures Come Off



Tiny rubber bands or small, fine wires, known as ligatures, hold the wire to the bracket. If a rubber ligature should come off, you may be able to put it back in place using sterile tweezers. If a wire ligature comes loose, simply remove it with sterile tweezers. If the wire ligature is sticking out into the lip but is not loose, it may be bent back down with a Q-tip or pencil eraser to eliminate the irritation.

Of course, when one ligature pops off or breaks, others may follow. Be sure to examine all ligatures. Missing or broken ligatures should be brought to the attention of the patient's parent/guardian, who should then inform the orthodontist. If a rubber or wire ligature is lost, notify the parent/guardian so that the orthodontist may advise whether the patient should be seen.

Discomfort

It's normal for a patient to have discomfort for a day or two after braces or retainers are adjusted. But it can make eating uncomfortable. Reassure the patient that the discomfort is both normal and temporary. Encourage soft foods. Have the patient rinse the mouth with warm salt water.

Mouth Sores



Some patients are susceptible to episodes of mouth sores. While braces do not cause them, they may be precipitated or exacerbated by an irritation from braces. One or several areas of ulceration of the cheeks, lips or tongue may appear. This is not an emergency, but may be very uncomfortable for the patient. Prompt relief may be achieved by applying a small amount of topical anesthetic (such as Orabase or Ora-Gel) directly to the ulcerated surface using a cotton swab. Instruct the patient to reapply as needed.

Irritation of Lips or Cheeks



Sometimes new braces can be irritating to the mouth, especially when the patient is eating. A small amount of non-medicinal relief wax makes an excellent buffer between metal and mouth. Simply pinch off a small piece and roll it into a ball the size of a small pea. Flatten the ball and place it completely over the area of the braces causing irritation. The patient may then eat more comfortably. Let the patient know that if the wax is accidentally ingested, it's not a problem. The wax is harmless.

Protruding Wire



Occasionally, the end of a wire will work itself out of place and irritate the patient's mouth. Use a Q-tip or pencil eraser to push the wire so that it is flat against the tooth. If the wire cannot be moved into a comfortable position, cover it with relief wax. (See *Irritation of Lips or Cheeks* above for instructions on applying relief wax.) The patient's parent/guardian will need to make the orthodontist aware of the problem.

In a situation where the wire is extremely bothersome and the patient will not be able to

see the orthodontist anytime soon, you may, as a last resort, clip the wire.

Reduce the possibility of the patient swallowing the snipped piece of wire by using folded tissue or gauze around the area. Use a pair of sharp clippers and snip off the protruding wire. Relief wax may still be necessary to provide comfort to the irritated area.

Loose Brackets, Wires or Bands



If the braces have come loose in any way, the parent/guardian needs to be notified, and they should call the orthodontist to determine appropriate next steps.

Brackets are the parts of braces attached to teeth with a special adhesive. They are generally positioned in the center of each tooth. The bracket can be knocked off if the patient has eaten one of those hard or crunchy foods orthodontic patients are instructed to avoid, or if the mouth is struck while at play. (Encourage all patients, especially those with braces, to wear a protective mouth guard while playing sports.)

If the bracket is off center, the adhesive may have failed. Call the parent/guardian, and recommend that they immediately notify the orthodontist, who will determine the course of action.

If the loose bracket has rotated on the wire and is sticking out and the patient cannot immediately be taken to the orthodontist, you can do a temporary fix to alleviate discomfort and prevent further damage. But take care to prevent swallowing or other injury.

To put the bracket back in place, use sterile tweezers to slide the bracket along the wire until it is between two teeth. Rotate the bracket back to the proper position, then slide it back to the center of the tooth.

Piece of Appliance is Swallowed

This is rare, but when it does happen, it can be fairly alarming to the patient. Encourage your patient to remain calm. If the patient is coughing excessively or having difficulty breathing, the piece could have been aspirated.

If you are able to see the piece, you may carefully attempt to remove it. But do not make the attempt if you could cause harm.

If appropriate under the circumstances, examine the patient's braces for problems that may result from the missing piece, such as looseness or irritation, and treat as specified above.

If you are unable to see the piece and believe it may have been aspirated, notify the parent/guardian and the orthodontist immediately.