

BAND/BOND APPOINTMENT

Congratulations, you got your braces today! You've just taken a major step toward a straighter, and we hope brighter smile. You are probably curious about the way your braces work and we hope to answer many of your questions with this information. Please read it carefully.

ABOUT BRACES

Your braces are made up of several components or parts. There are the "brackets" that are secured or "bonded" to each tooth, and for some there are "bands" or rings that are "cemented" around teeth. There are wires that come in different sizes and strengths, and there are elastics, which hold the wires in place.

Your cheeks and lips may need a few days to get used to all these things. You will be shown how to use orthodontic wax to help ease minor temporary irritations. If you notice that the wire is poking, you may be able to push it out of the way with the eraser on the end of a pencil or a spoon handle. You will find that in a short while your mouth will adjust to your braces.

Mild discomfort in your teeth and jaws is normal after the braces have been placed and after each adjustment appointment. This is most noticeable during meals. The discomfort should lessen within 2 or 3 days. When appropriate and necessary we will provide you with a wafer to chew on which will help ease this discomfort. It may be helpful for you to take Tylenol.

It is important that you check your braces carefully each day. If you notice that any of the brackets are loose or a wire or elastic is broken, call our office right away. We need to know exactly what the problem is so that we can make the appropriate appointment to fix it for you. Our answering machine will take your message when the office is closed and we will get back to you as soon as possible.

Avoid playing with your braces with your tongue or fingers. In addition, if you participate in any contact sports, you should protect your teeth and braces from damage with a mouth guard available by request from BRACELAND. Remember, even friendly horseplay can result in breakage or distortion of your braces.

ABOUT BRUSHING

Proper brushing instructions have been given to you. It is necessary for you to brush after each meal and most importantly, just before going to bed. That means you should be brushing your teeth at least 4 times a day. Poor brushing can lead to tooth decay, stained or weakened enamel, gum disease and/or an unpleasant odour. All of these problems can be avoided with thorough brushing and flossing but it will require some extra effort on your part. We will be checking your oral hygiene at each appointment and we will let you know how you are doing.

ABOUT FOOD

We suggest your first meal include soft, nutritious foods; things like pasta, soup, yogurt, eggs or rice. Unfortunately, there are a few things that you will have to give up until after your braces come off; sticky things like chewing gum, caramels, jujubes, gummy bears as well as, hard things like nuts, peanut brittle and ice cubes. Other foods should be eaten with care; this means cutting food like apples, carrots or pizza into bite-size pieces. Cut corn off the cob and meat off the bone. Be extra careful when eating popcorn, bagels or rolls. Avoid biting your fingernails or chewing on your pen or pencil.

Try to restrict eating cakes, doughnuts, chocolate, soft drinks, ice cream, jams and syrup to mealtimes so that you can brush thoroughly immediately following this meal. If it is just not possible to brush after eating, rinse thoroughly with water and brush as soon as it is possible.

You may wish to protect and strengthen your teeth with a fluoride rinse. This can be purchased at your pharmacy. Be sure to follow the instructions on the package.

ABOUT APPOINTMENTS

Your appointments will be arranged every 4-6 weeks depending upon what type of appointment is necessary. We will try to make your appointment as convenient as possible, but since many of our patients go to school or are working, some appointments must be during midday hours. School excusal cards can be provided if necessary. It is important that you arrive on time or even a few minutes early if you need to brush before you are seen in the clinic. Frequently changed or missed appointments or late arrivals will prolong your treatment. If you know you are going to be late for your appointment please call our office so that we can inform you if we will still be able to see you or if your appointment will need to be rescheduled. We try very hard to stay on time but this can only work if you, the patient, are on time as well.

Proper orthodontic treatment results cannot be achieved without your active participation in your treatment. It is very important that you faithfully follow all these instructions regarding the wearing of and the caring for your braces. We will do our best to keep you informed regarding your treatment progress. You in turn, must inform us of any problems that you may have that could interrupt or prolong your treatment. Together we can work at a plan to achieve the best result possible for your smile.

If you have a problem with your braces during non-office hours and you require immediate attention, you may wish to contact your family dentist, emergency clinic or your hospital. Please bear in mind that you may be charged for these emergency appointments.