

## Life With Orthodontic Appliances

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**THESE INSTRUCTIONS ARE VERY IMPORTANT. PLEASE HANG THESE UP IN YOUR ROOM OR SOMEWHERE WHERE YOU CAN READ IT OFTEN DURING THE COURSE OF YOUR TREATMENT.**

### Your Appliances:

When the appliances are first placed in your mouth, you may have some temporary discomfort. It passes quickly! Avoid eating hard foods for the first couple of days, and if necessary rinse your mouth with warm salt water every hour. (Add one half teaspoon to a glass of water.)

If a wire sticks out and irritates your cheek, tongue or lip, the wire can usually be pushed back into place with your fingernail or the eraser of a pencil (a clean one!). If this does not help, try putting a piece of wax over the wire. If you still have any problems, call the office during normal business hours at (212) 233-8320.

### Never Ever Ever:

- (1) Bite on hard candy, whole apples (cut them up into small bite size pieces), ice, pizza crust, corn on the cob, or anything else hard.
- (2) Don't chew gum, caramels, sticky candy bars, taffy, jelly apples, or anything else sticky.
- (3) Don't play with your appliances with your fingers, lips, or tongue.

It is important that your appliances do not become damaged. Should a band come loose or any part of your appliance become bent, broken, or loosened, call the clinic to make an appointment to have your appliance repaired.

### Hygiene:

Since your appliances will catch food particles, you must brush your teeth AND YOUR GUMS thoroughly after every meal, at least three times a day. If you do not have your toothbrush, rinse vigorously with water to remove food debris. Plaque build up between the brace and the gums may cause the teeth to develop cavities or whitish-brown spots which WILL NOT GO AWAY even after the braces are removed. Brush and floss well!

### Removable Appliances:

Bite plates, retainers, and other appliances made of plastic are to be worn at all times unless you have been instructed otherwise. They may be removed only for eating, cleaning or while swimming. These appliances should be cleaned with soap and water, not toothpaste. Never place them in hot water!

### Elastics/Rubber Bands:

These are to be worn exactly as directed all the time, day and night. Remove them only when you eat or brush your teeth; replace them right away. Carry some elastics with you so that if one breaks in your mouth you can replace it immediately. Replace the elastics with fresh ones twice a day. If you lose your elastics or if your supply runs low, contact our clinic to get a new supply.

### Headgear or Night Brace:

This appliance should be worn for a minimum of 14 hours each day. Wear it as directed while reading, watching television, doing homework, etc., and while sleeping. Remove it for meals. Bring the headgear to our clinic at each visit so it can be checked and adjusted.

**Remember, you MUST see your regular dentist for cleanings at least every six months while your braces are in place! This will help to prevent gum disease and cavities.**

## Thank You!

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