



## Orthodontics: Monthly checks Post Op Care

You have regular orthodontic checks throughout your treatment. Usually they visits are 4 weeks apart. But sometimes there will be longer or shorter intervals between your visits.

Follow these simple guidelines to make your orthodontic treatment proceed smoothly.

1. Your teeth may be sore for the first 3-5 days after your monthly checks. While not absolutely necessary, you may take analgesics (e.g. Tylenol) or anti-inflammatories (like Aspirin) if you feel you need to.
2. The orthodontic wires will stick up of the brackets at the very back of the mouth. While we trim them to be as flush with your brackets as possible during your visit, you may notice the wire sticking out on one side or both as time goes on between your visits. This is due to the wire “sliding” inside the brackets and your teeth moving. If the wire is poking you place some orthodontic wax on it ‘til your monthly visit. If intolerable, call us and we’ll see you sooner to re-trim the wire.
3. If you have been given orthodontic “rubber bands” to wear, wear them as instructed. Not wearing the rubber bands will make your treatment less successful. If your friends have braces too and have rubber bands and you run out of yours, do not use theirs. Rubber bands come in different sizes and strengths and your friends might not be right for you.
4. If you experience soreness in the jaw joints (area right in front of your ears) while using rubber bands, do not use your rubber bands anymore and call us for instructions.
5. Avoid clenching your teeth or biting down extra hard. These activities will cause sore or painful muscles or may cause your brackets to break off and come loose.
6. Avoid chewing hard, crunchy, chewy or sticky foods. Examples include foods like: hard candy, chewing gum, pretzels, crunchy tacos, etc. Broken and loose brackets and bands will result if you chew these kinds of foods.
7. Use fluoride daily. This will minimize the risk of developing “white spots” around the brackets after the braces are removed.
8. Brush and floss under the wires thoroughly. Be patient, but be thorough. Time spent cleaning your teeth daily will minimize problems such as cavities and gum disease down the line. We have special cleaning instruments to help you with your daily hygiene.
9. Avoid ripping/tearing food (or other objects) with your teeth. Doing so may cause pain or broken/loose brackets.
10. If your brackets/bands get loose give us a call. If the bracket is loose but still attached to the wire, leave it alone. If the bracket is loose and comes out of your mouth, save it and bring it with you to your appointment.
11. Your bite will feel different initially, but will get more comfortable as treatment proceeds. This is because your teeth are moving and it is a regular occurrence. Sometimes you will have special “stops or bondings” placed on your teeth. These stops will definitely make your bite feel different. These stops are used during certain parts of your treatment and will be removed when no longer needed.
12. If you have any questions give us a call.