



TEL: 480-759-3333

## Home care instructions for your **NEW BRACES!**

**Congratulations on your new braces!** You may find that over the next few days your teeth and gums may be tender, you may also find that you are producing more saliva than usual and some patients may develop sores on their lips and cheeks. This is all very normal and discomfort should subside in 3-5 days. Here are a few helpful hints to make the transition smoother for you.

### **1. Avoid any hard or sticky foods**

*(i.e. Caramel, taffy, corn chips, nuts, ice, etc.)*

Make sure all meats are cut off the bone and fresh fruits and vegetables are cut up into small pieces. The adhesive that we use is very strong, however, excessive force when chewing, particularly when teeth are initially moving may cause the adhesive and braces to become loose. If you feel a significant amount of resistance when chewing, **do not bite harder**, ease off on the biting pressure.

### **2. Proper oral hygiene is very important in order to prevent any caries and decalcification.**

Team Orthodontics has provided you with the proper tools to maintain excellent oral hygiene. (i.e. Toothbrushes, proxy brush, floss, and wax). All of these items can be located in most stores, however if you are unable to find them you can ask any team member and they can provide it for you. It is also recommended that you rinse with a fluoride once a day to prevent decay and decalcification.

### **3. There may be times during your "active" treatment that brackets can come loose and/or arch wires may begin to poke.**

**DO NOT PANIC!** Contact our office so that we can make you comfortable. The assistant's have gone over how to use wax and suggested Tylenol or Ibuprofen for any discomfort. We also suggest our **MIRACLE RINSE** which is equal parts of water, liquid Benadryl, and Maalox which should be swished in the mouth 3 times a day. You may also chew sugarless gum to help relieve some of the tension in your teeth.

### **4. Dr. Danyluk will be giving you a call within the next week to check on your progress.**

If you have any questions or concerns please feel free to ask him at that time. If you have an emergency after hours you may call our emergency number between the hours of 8am and 7pm at **602-503-8448** where you can leave a detailed message and a member of our team will talk you through making yourself comfortable. You may also access our website **www.teamorthodontics.com** for tips and answers to Frequently Asked Questions (FAQ). Appointment times and account information will also be available on the website or by calling the office during normal business hours. Please remember that the vast majority of emergencies will not affect your treatment time.

## WHAT I CAN EXPECT ?

- Tenderness of the teeth for the first 4-5 days.  
(Use Tylenol/Advil/Motrin and chew sugarless chewing gum. Chew softer foods initially)
- Tenderness of the insides of the lips and cheeks for 4-5 days. (Use Tylenol/Advil/Motrin and use Miracle rinse and wax applied to dried-off braces/wire ends.)
- Some mobility of the teeth (normal during tooth movement.)
- Some teeth moving faster than others, giving the appearance of some teeth becoming crooked... normal occurrence that will be corrected with time.
- Initial wires are extremely flexible. All precautions are taken to prevent the wire from slipping out of the back braces (usually caused by hard foods flexing the wire.)

### **Immediate relief can be achieved by**

- 1) Inserting the wire back in the tube using tweezers.
  - 2) Placing wax on the end of the wire after it has been dried.
  - 3) As a last resort, you can utilize heavy nail clippers, cuticle scissors or wire cutters to clip the wire flush to the brace where the wire is still engaged. You may also use this technique to clip long wires.
- Loose brace—**a very rare occurrence. Immediate relief can be achieved by stabilizing the loose brace in place using wax over the brace and adjacent wires.**

### • **PROPER TECHNIQUE FOR PLACEMENT OF WAX IS:**

1. Slightly wet fingers that will be used to place the wax and pinch a ball of wax out of container.
2. Pull lip out of the way and "suck in" extra saliva in mouth to get tooth/bracket/wire very dry. Also dry target area with finger.
3. Now apply ball of wax to target area and mold around tooth/brace/poking wire, etc. to allow it to stick.
4. **APPLY WAX AS OFTEN AS NEEDED TO ENSURE COMFORT UNTIL OFFICE IS OPEN AND CAN ACCOMMODATE YOU WITH AN APPOINTMENT TO BE SEEN.**

- In some instances, rubber bumper guards or blue composite bite ramps have been placed on certain teeth to prop open the bite, preventing the bite from knocking off braces on severely malpositioned teeth. These guards/ramps will be removed during treatment, once an improvement to the bite has occurred.