

INSTRUCTIONS FOLLOWING PLACEMENT OF ORTHODONTIC APPLIANCES

Your teeth may be a little sore for the first few days after your appliances are placed, and also following certain adjustments. If necessary, take Advil or Tylenol as directed for discomfort. You may find that cold foods and drinks are soothing. We also suggest that you eat softer foods and take smaller mouthfuls for the first few meals.

NEW APPLIANCES...
Now what?



Limit the consumption of **SOFT DRINKS** and **SPORTS DRINKS**, as they are high in sugar and can cause cavities.

HARD FOODS, **STICKY FOODS**, and **FOODS HIGH IN SUGAR CONTENT** should be **AVOIDED** whenever possible. These foods tend to break or bend the orthodontic appliances and promote dental cavities, thus prolonging treatment. In case of breakage or loose bands, please save all parts if possible and call us for an appointment.

Foods to AVOID

Chewing Gum
Candy
Biting Fingernails
Biting Pencils or Hard Objects
Apples (unless cut in wedges)
Corn on the Cob

Ribs, Wings, etc.
Caramel Corn
Doritos & Corn Chips
Ice
Nuts
Pizza Crust & Bagels

Popcorn
Raw Carrots, Broccoli
Cauliflower, Celery
Taffy
Pretzels
Granola Bars

ORAL HYGIENE

Good oral hygiene during orthodontic treatment is a necessity. Brushing should be done on a routine basis, preferably four times daily (when arising, after meals, and before bed). The presence of orthodontic appliances creates extra surfaces and makes cleaning more difficult, more time consuming, and more important. Neglecting to brush may cause dental disease and result in delaying your orthodontic treatment. We recommend a fluoride toothpaste and regular flossing. Some orthodontic patients also like to use a Water Pik, which can be useful but is not mandatory. A Water Pik, however, is not a substitute for brushing and flossing because it will NOT remove dental plaque, the agent responsible for most dental disease. A fluoride rinse such as ACT or FLUORIGUARD can also be used daily and can be purchased at your local pharmacy.

DENTISTRY

A routine cleaning and examination by your General Dentist should be done on a periodic basis, at least every six months. This is not part of orthodontic treatment, but is extremely important and should not be neglected.

APPOINTMENTS

Promptness and regularity in keeping appointments are extremely important for steady progress. Depending on the nature of the procedure, appointments are scheduled for a specified amount of time. In order for us to see patients at their scheduled appointment time, it is necessary that we, as well our patients, be punctual. Since we have a limited number of after school appointments, we reserve this time for routine adjustment procedures. Longer appointments, necessary to ensure proper progress, will be scheduled during the morning office hours.

EMERGENCIES

As a precautionary measure, we are available during non-office hours in case of a TRUE EMERGENCY.

At an emergency visit, the patient will be relieved of pain and will be expected to return as soon as possible during regular office hours to complete the procedure.



KELLEY
ORTHODONTICS

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