

Fixed Appliances “Braces”



Purpose:

The purpose of braces is to move individual teeth into an ideal position. The wire provides the force to move the teeth into alignment.

Use and Care:

Loose brackets and wires will lead to increased time in braces. To prevent this, please avoid sticky, chewy and hard foods (see list of examples provided).

Brushing:

Brush for at least three minutes after every meal. Flossing and using the proxabrush at least once a day is essential. Flossing will take more time with braces, using a floss threader or superfloss will make the process easier. You may also consider a Waterpik or Sonicare Airflosser to remove the debris between your teeth.

If you aren't diligent brushing and flossing and plaque remains on your teeth too long, you may develop "white spots" around your braces. Your gums may also become inflamed which will slow the movement of teeth.

What to expect:

As the teeth begin to move, they will become sore (this is normal). This soreness usually begins a couple of hours after the placement of braces and will last for two or three days. Advil or Ibuprofen is the most effective way to alleviate this discomfort.

There is an adjustment period as your soft tissues (inside of lips and cheeks) adapt to the braces. Use the wax provided and know that the tissues will toughen up over time and feel better.

What to do if something breaks or comes loose:

Braces occasionally come loose. If that happens, please call our office during normal hours and we will schedule an appointment. If there is a rough area after the breakage, the wax may help until you are seen at the office for a repair.

Tips:

- In addition to wax, salt water rinses may help toughen the soft tissue to alleviate irritation.
- Avoid chewing on pencils/pens or playing with the braces and wires with your fingers.
- If playing a sport that requires a mouthguard, you may wish consider a SISU mouthguard because it can be remolded multiple times throughout treatment as the teeth move.

Please see our “Ask Joe” video series at nelsonsmiles.com for further instructions