



Care Of Orthodontic Appliances

Brushing Brush your teeth carefully and thoroughly after each meal as instructed by our staff. Give particular attention to the tooth surfaces between your gums and braces.

Flossing Use super-floss or floss aids to assist you in getting under the orthodontic wires.

FLOSS AT LEAST ONCE EACH DAY!

Regular use of dental floss will help you prevent gum disease. If gums bleed, this means more attention is needed to regular flossing. Bleeding will stop as the gums heal.

Prevent Breakage Refer to our guide on foods to avoid.

NOTE: Broken appliances will only delay the day everyone can see your new smile.

General Soreness Tenderness may occur for two or three days after appliance placement or adjustments. TYLENOL® or ADVIL® may be taken, if needed.

Loose Wires & Bands If a band, bracket, or wire becomes loose and your appointment is several weeks away, please call us to schedule an appointment during weekday office hours. Should a serious or painful problem develop, call and schedule an emergency visit.

Wax may be used temporarily if a wire is irritating the cheek.

Loose Teeth It is normal throughout treatment to have occasional minor loosening of teeth.

Athletics Mouth guards should be worn during sports. An orthodontic mouth guard can be purchased at your local sports store or at Chestnut Dental.

Custom mouth guards can be fabricated after orthodontic treatment is complete.

ChestnutDental.com

PEDIATRIC* ORTHODONTIC * ADULT