

Logan Dental Associates

Orthodontic Bonding Instructions

Congratulations on your decision to utilize fixed orthodontics to correct your smile line. Braces can do wonderful things for your smile and bite, but they need your help! The following can help you get the most from your experience:

-Avoid sticky, chewy and hard foods, (ice ~~cream~~ gum, taffy, caramel, and even carrots, apples, etc. are out). These foods either get stuck in wires and brackets or break them off.

-It is extremely important to keep your teeth clean while you have braces on. Gums get inflamed more easily and cavities grow more quickly because everything is harder to clean. Get the toothbrush bristles between the bracket and gum to clean these areas. Use a christmas tree style brush to clean under wires. Floss once a day to clean between teeth-use threaders to slide floss under wire. Remember, it may take 15 minutes to clean teeth with braces on but it is well worth the effort and is part of owning braces.

-You may need an anti-inflammatory medication such as ibuprofen for a few days after today and subsequent visits as teeth are often sore when wires are changed.

-Wax is provided to protect the lips from brackets. A small dab smeared over each offending bracket is often enough for a week or two until the cheeks get used to the hardware.

-Cool drinks and foods during the first day or two will also help ease any soreness.

-If a bracket should come off (usually a few come off during the course of treatment), PLEASE SAVE IT! Lost brackets are expensive to replace. Let our office know and we will schedule a time for it to be re-cemented.

-Occasionally, other emergencies will arise such as broken or too long of wires, loose bands etc. Please call us if difficulties arise or if you have any questions. 787-8207.