

INSTRUCTIONS FOR CARE OF YOUR BRACES

BRUSHING-Excellent oral hygiene is very important to help ensure a good orthodontic result!

- Brush 3-4 minutes every morning and night
- Brush 1-2 minutes after every meal
- If you are having trouble removing plaque refer to the brushing techniques on your blue laminated card
- Braces and teeth should shine when properly cleaned

FOOD

- Stay away from any sticky food! (Caramel, Skittles, Dots, Starbursts, Snickers, Licorice)
- Be careful of hard crunchy foods such as nuts, chips, apples, carrots, always cut them up into small pieces.
- If you are unsure of a food -don't eat it!
- The more food you cut up the less you will have to clean out of your teeth!
- In your first 4-5 months of braces we ask that you don't chew gum-after that time make sure it is sugar free gum!
- We strongly discourage pop or any sugary beverages while in treatment!

REMINDERS

- Do not chew on Ice, Pens, Pencils, or Fingernails.
- If you get hit in the mouth check if anything is loose, if it is a bad hit please call and let us know.
- We will supply you with a mouthguard, one per season per sport. If you need a 2nd one during the same season, there will be a \$15 charge.
- Keep your regular check-ups with your general dentist while in treatment and then know you have started orthodontic treatment.
- Your teeth will be sore for the first couple of days so take Ibuprofen (Advil, Motrin) and stick to a softer diet.

BROKEN BRACKETS, BANDS, & WIRES- We have organized our schedule to accommodate as many patients as possible during after school hours. Therefore this time of day is reserved for routine appointments. Repairs of loose bands/brackets will only be done at times other than after school appointments

- If something should become loose, please call our office and we will schedule your repair at a mutually convenient time.
- Repairs (Loose bands & brackets) are scheduled for late morning or early afternoon, never after school.
- If you should have a repair and your appointment is after 3:00 pm we will repair the loose band or bracket at a later date.
- Frequent broken brackets, bands, & wires may extend treatment time in braces.

APPOINTMENTS

- Check in at the front desk when you arrive for an appointment.
- Brush your teeth at the sinks if you didn't brush before you arrived.
- Make your next appointment before you leave.
- If you can't make your scheduled appointment be sure to call and reschedule.
- Keeping your scheduled appointments will help keep treatment time on schedule.
- We are in our Alexandria office Mon, Tues, Thurs, In Wadena every Wed and in Long Prairie 1 Friday a month.
- Our office hours are 8:00 am-12:00 pm and 1:00 pm-5:00 pm. We do not have an answering machine to take messages.
- Our receptionist is here Monday-Friday to answer questions, make appointments, etc.
- Minor discomforts can be fixed when Dr. is not here, but always call first to make sure there is an assistant here.