



ORTHODONTIC ASSOCIATES OF SOUTHEASTERN CONNECTICUT, PC

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Guide to Successful Treatment

DAMONSMILE
More than straight teeth™

CLEANING YOUR TEETH WITH BRACES

Brushing

- ▶ Brush in circular motions and angle your toothbrush as pictured below.
- ▶ Brush 3 times a day and/or after meals.
- ▶ After brushing at night, use a pea-sized amount of your *PreviDent*® toothpaste on all of your teeth, spitting out the excess. Do not rinse, eat, or drink for at least 30 minutes after using *PreviDent*®.



Right & left sides *above* braces



Right & left sides *below* braces



Center *above* braces



Center *below* braces



Right & left sides on *biting surfaces*



All *inner* (tongue-side) surfaces



CLEANING YOUR TEETH WITH BRACES

Flossing

- ▶ Threader floss will assist you in flossing between your braces and under your wires. Without flossing, your gums may become red and puffy, which can lead to gingivitis!



Threader Floss



CLEANING YOUR TEETH WITH BRACES

Interproximal Brushes

- ▶ Another option for cleaning in between your braces is an interproximal brush. These small tools are very handy and convenient when you are on-the-go and unable to immediately brush or floss.

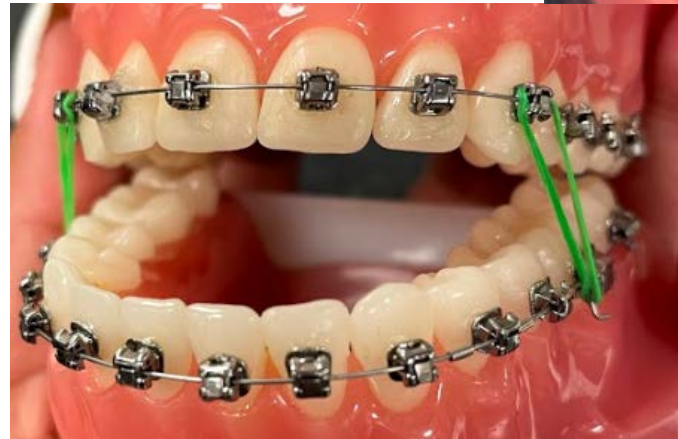
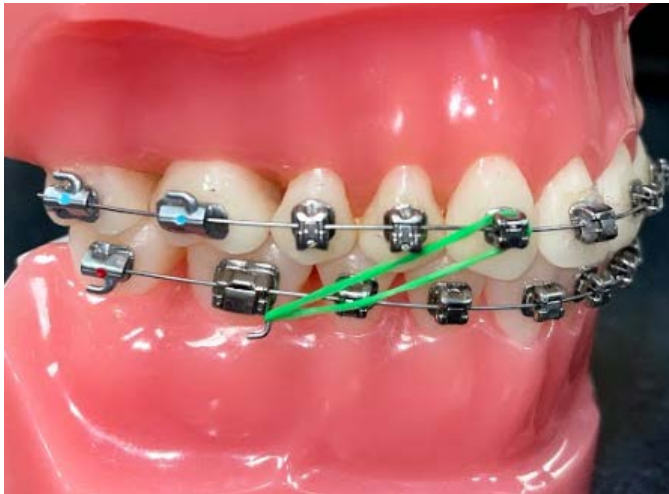


Interproximal Brush



ELASTICS/RUBBERBAND COMPLIANCE

- ▶ We ask some patients to wear elastics for a period of time during their treatment in order to align their bite.
- ▶ It is **extremely** important to wear your elastics *as instructed by the assistant*. Without good elastic wear, the amount of time that your braces are on will be **extended, and we may not get the result we want.**
- ▶ *With your 100% effort, we can deliver 100% results!*



FOODS YOU SHOULD NOT EAT DURING YOUR TREATMENT



ABSOLUTELY NO:

GUM

sugarless or otherwise



STICKY OR CHEWY FOOD

caramel candy • caramel apples • toffee • taffy
gummy candy • nougats • Now & Laters
Starbursts • Sugar Daddies • Sugar Babies
Tootsie Rolls • gobstoppers • Skittles

HARD OR CRUNCHY FOOD

apples or carrots (unless cooked or cut into small pieces) • nuts • popcorn • hard candy • corn on the cob • bagels • pizza crust • jerky • lollipops
hard pretzels • Doritos • granola bars



THINGS TO AVOID WHILE IN BRACES

DO NOT CHEW ON:

ice • finger nails • pens • pencils • mouth guards

USE CAUTION WITH:

well-done pizza crust • grinders • croutons
bagels • hard breads • thick sandwiches • meat

Cut raw fruits that have a pit or core and raw vegetables into small bite size pieces and place in the back of your mouth and chew with your back teeth. Your back teeth have a larger chewing surface that prevents excess pressure on the brackets.

When eating any meat that is on a bone, like ribs or chicken wings, remove the meat from the bone and eat with your fork.



PROTECTING YOUR TEETH AGAINST EROSION

- ▶ Pictured below are common foods and drinks containing dietary acids that can erode tooth enamel. You can, of course, still eat and drink these, just be cautious!



PRACTICING GOOD ORAL HYGIENE

- ▶ Without brushing and flossing, **PLAQUE BUILD-UP**, **DECAY**, **DECALCIFICATION**, and **STAINING** can happen. These marks are **PERMANENT** and will not come off your teeth! Practicing good oral hygiene will prevent your teeth from looking like this...



Poor oral hygiene during treatment

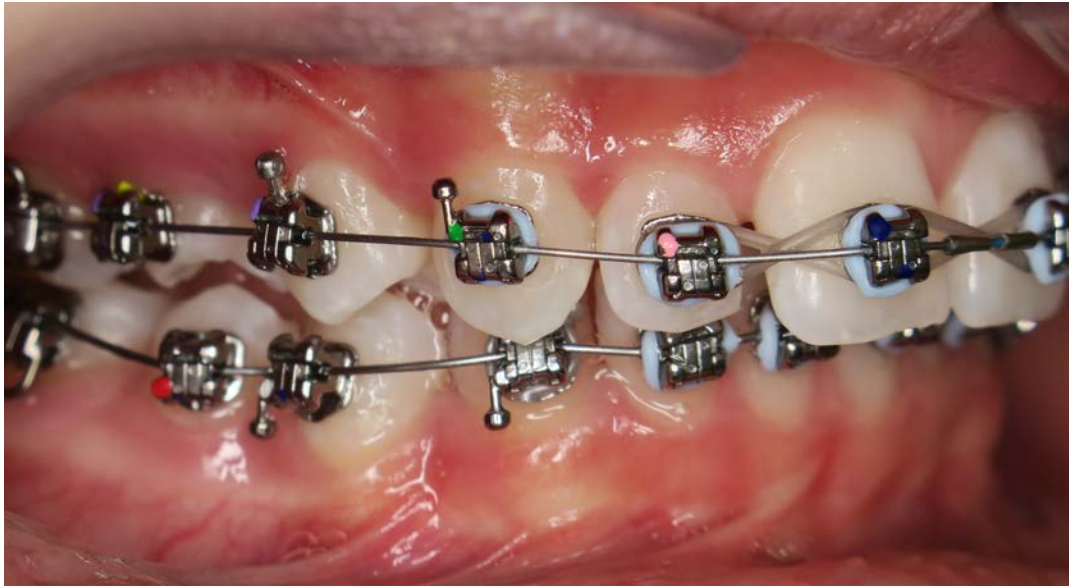


Poor oral hygiene after finishing treatment



PRACTICING GOOD ORAL HYGIENE

- ▶ If you brush and floss your teeth properly and consistently, use your *PreviDent*® toothpaste at night, and avoid sticky, chewy, and hard foods, then you will end treatment with a beautiful, healthy smile!
- ▶ *Effort = Results!* By putting forth your best effort to practice good oral hygiene, you will get the best results.



SOLUTIONS FOR SORENESS AND/OR DISCOMFORT

Initial Discomfort

- ▶ Discomfort during the first few days of getting your braces is completely normal and your mouth should get used to your braces within two weeks.
- ▶ To ease any discomfort, we recommend the normal dosage of over-the-counter pain reliever, such as ibuprofen or Tylenol.
- ▶ For the first few days after getting your braces, eat soft foods such as pasta, macaroni and cheese, mashed potatoes, smoothies, yogurt, ice cream, and milkshakes.
- ▶ It is completely normal for your bite to sometimes feel a little bit “off” during your treatment. This happens because your teeth are constantly moving to be in their correct position.



SOLUTIONS FOR SORENESS AND/OR DISCOMFORT

Loose Brackets

- ▶ Place wax over the loose bracket to hold it in place.
- ▶ If the brace is completely out of your mouth, save it and bring it with you to your next appointment.



SOLUTIONS FOR SORENESS AND/OR DISCOMFORT

Loose Wires

- ▶ Wires can be placed back through the bracket with a pair of tweezers or a small set of pliers.



SOLUTIONS FOR SORENESS AND/OR DISCOMFORT

Poking Wires

- ▶ If you are unable to put the wire back through a bracket, you can try to cut the wire behind the last bracket and place wax over the area.
- ▶ You can also try to push or bend the long wire down with the end of a spoon or a pencil eraser.



Example of a long wire



Clip long wire as best you can



Cover with wax if unable to clip, or cover after clipping



BRACES AND ACTIVITIES

Mouthguards

- ▶ It is extremely important to wear a mouthguard while participating in sports. A mouthguard will protect your teeth and soft tissues from damage. For athletes currently wearing braces, we recommend purchasing a *Shock Doctor*© mouthguard, available at most sporting goods stores.



Shock Doctor© mouth guard

- ▶ *Shock Doctor*© mouthguards are not ‘boil-and-bite’ mouthguards. They are intentionally flexible and non-moldable so that they are able to adapt to the movement of your teeth.
- ▶ If you would like to get a *custom mouth guard in a color of your choice, please let us know once it gets closer to the end of your treatment!



BRACES AND ACTIVITIES

Playing Instruments

- ▶ It can be difficult to adjust to playing an instrument with braces, but after a week or two you should be playing fine again. If lip and cheek irritation continues, please contact our office.



WHAT TO EXPECT DURING YOUR TREATMENT

- ▶ We will typically schedule your appointments every 8-12 weeks.
- ▶ It is important to leave your braces/appliances alone so that they can do what they are supposed to do. Don't fiddle with them!
- ▶ If a bracket breaks, don't worry, but ***please call us right away!*** We can schedule an extra care visit to have it replaced, or we may replace it at your next appointment. Please keep the bracket and bring it with you to your appointment.
- ▶ ***Please keep in mind that these extra care visits are not always available at the most convenient times.***



IN CASE OF AN EMERGENCY...

- ▶ Dr. O'Leary and Dr. Hack are *on-call for all traumatic emergencies 24/7. Injuries to the face or anything causing severe pain would be considered an emergency.* In the event of an emergency after normal business hours, call our office to be connected with the emergency pager service.
- ▶ Note: Please *do not* call the pager service to cancel an appointment or if there is *not* a true orthodontic emergency.



OASECT

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