



## **BANDING INSTRUCTION LIST**

### Brushing:

- ◆ *Brush* at least 2 times a day for 3 minutes each time.
- ◆ *Angle* the bristles at the front, top and bottom of brackets and around the molars.
- ◆ *Floss* daily as instructed
- ◆ *Check* your mouth after brushing to make sure all food and plaque has been removed from your teeth and braces.

### Foods:

- ◆ Hard or sticky foods or candy should be avoided.
- ◆ Apples and carrots need to be cut up into small bite size pieces.
- ◆ Remove meat from the bone and corn from the cob before eating.

### White Marks (Decalcification)

- ◆ White marks are permanent
- ◆ Limit the number of drinks with sugar and/or acid such as sodas, juices or sports drinks & always have with foods to neutralize. Using a straw will reduce the possibility of decalcification. Please try to brush after. Rinse your mouth with water if brushing is not possible.
- ◆ Sugary foods or candy should be avoided.
- ◆ **Anti-Cavity Fluoride Rinse:** Once a day, throughout your entire orthodontic treatment, use anti-cavity fluoride rinse. ( ex. Act Brand) We recommend doing this at bedtime. Follow instructions on bottle.

### Loose Orthodontic appliances:

- ◆ Some braces may become loose if the teeth are very rotated or crooked.
- ◆ If something feels loose, please call the office at your convenience. Please note loose items may not need to be fixed immediately.

### Treatment Time:

- ◆ Keeping your monthly orthodontic appointments and wearing your headgear or rubber bands (as instructed) is important to completing your treatment on time. Think of % of compliance on terms of MPH
- ◆ Multiple loose braces will increase treatment time
- ◆ Treatment time is an estimate only. Treatment progress reports are given at mid-treatment and as requested. During the last 6 months of treatment the Dr. will be able to determine a more accurate remaining goal and if treatment is running on time. Please ask questions you have at appointment.

### In General:

- ◆ If your teeth feel tender after getting braces on or after adjustments, eat softer foods, and use a mild pain reliever, such as Tylenol. -Not aspirin
- ◆ It is important to continue to visit your family dentist 2 times a year for cleanings and checkups.
- ◆ Always keep us informed of change in your medical status, address, phone #, and insurance
- ◆ Appliances are durable and should last through the entire treatment period. If appliances need to be replaced due to loss, breakage, misuse, or careless handling, addition replacement charges may be made.

### Emergencies:

- ◆ If an accident occurs and/or you have pain or swelling, call our office ASAP. For non-urgent occurrences such as loose and/or poking appliances feel free to call your your convenience.