



APPLIANCE INSTRUCTIONS

Keep This Reminder For Future Reference

Now that appliances have been inserted, here are a few simple rules which must be followed:

1. For the first several days after appliances are placed, some teeth may feel slightly “sore” or tender. To help maintain comfort during this period, stay on a diet of easily-chewed or softer foods until the “soreness” diminishes and disappears. This usually occurs within 2-3 days. If the tenderness of the teeth persists or is very annoying, call the office for further instructions.
2. For temporary relief from any projection on the appliance which may bother the lips, cheek or tongue, cover the projection with a piece of soft wax which you may have been given. If you do not have any wax left, melted candle wax will work also. If the annoyance continues, please call the office for further instructions.
3. During orthodontic treatment, refrain from eating any sticky or hard foods. This includes candy, gum, taffy, nuts, ice, hard bagels, etc. Raw carrots and apples are best handled in small pieces.
4. Proper oral hygiene must be maintained throughout orthodontic treatment. In addition to brushing in the morning and at night, the teeth should be brushed after each meal, if possible. This is essential, since we want to stimulate the gums and prevent the accumulation of food deposits on the teeth.
5. Do not finger or play with your appliances! If an appliance or part of an appliance becomes loose, lost or broken, call the office for a special appointment. PLEASE do not wait until your scheduled appointment to let us know you have a loose brace or bracket.

YOUR CO-OPERATION IN THE CARE AND CLEANLINESS OF YOUR APPLIANCES WILL PROMOTE THE PROGRESS OF YOUR ORTHODONTIC TREATMENT.