



Your teeth may be sore

The average time for this soreness is about 4 days, but may last up to a week. Take Tylenol, if your physician allows this medication.

The inside of your lips may become sore

Use the white wax to cover and smooth the brackets. If this soreness occurs, it rarely lasts past a couple of weeks.

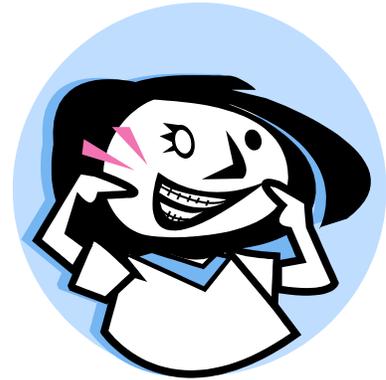


You may have an increase in salivation

This is due to stimulation of the saliva glands and if this occurs, you will be normal in a couple of days.

Brush your teeth often and thoroughly

Poor brushing may lead to white spots of cavities, and gum disease. It is best to prevent these problems by brushing the teeth immediately after eating. Concentrate on areas between the teeth and areas under the braces and next to the gums. If brushing isn't always possible, rinse with water thoroughly.



Use a fluoridated mouthwash, such as Act

This will aid in prevention of white spots and cavities.

When you finish with braces, you will be given retainers

The initial purpose of retainers is to hold the teeth in place while the bone and muscles adapt to their new position. Having a long term stable result may require long term retainer wear, because it is common for teeth to move anytime throughout life, whether or not a person has worn braces. It is unusual for teeth to relapse back to pretreatment positions if the patient follows directions regarding retainers.



Your cooperation is essential in achieving the smile that you want

Please keep your regularly scheduled appointments, practice good oral hygiene, maintain a well-balanced diet, wear your appliance as prescribed, and treat your braces with care.

If you have any questions or problems, please don't hesitate to call our office!

