



## INSTRUCTION FOR PATIENTS UNDER ORTHODONTIC TREATMENT

Having braces means that you must allow extra time for the brushing of your teeth. You should brush your teeth at least 3 times each day, particularly after meals. A brush must be taken to work or school so that you may brush after lunch.

Particular care must be taken in monitoring what you eat. HARD, BRITTLE, and STICKY food must be avoided. This includes Hard candies Hard breads, Popcorn, Pizza crusts, Gum (Including Freedent!), Toffee, Nuts, Fruit Roll-Ups, Gummi bears, etc.

Whole fruits and vegetables (e.g. carrots, apples) must be cut up into small pieces and chewed with the back teeth only. Even the small "baby" carrots must be reduced in size to prevent breakages during chewing. Corn must be removed from the cob, and the meat removed from ribs.

YOU MUST NOTIFY THE OFFICE IMMEDIATELY OF LOOSE, BROKEN OR LOST APPLIANCES so that you will be given the appropriate time for their repair.

It is important that you have regular cleanings and examinations during your orthodontic treatment to ensure the health of your teeth and support tissues.

### Appliances generally break for two reasons:

- 1) Eating sticky, chewy food. You must therefore avoid gum, caramels, toffee, etc.
- 2) Biting on hard, crunchy food or objects such as ice, nuts, pens, pencils, etc.

Certain foods should be eaten with special care. This means cutting the food (pizza, apples, carrots, etc.) into small pieces and avoiding strong biting forces, particularly with the front teeth.

You must also protect your teeth and appliances from damage during contact sports. Please inform the office if you require a mouth-guard, as it must be designed to adapt to your ever-changing bite.

Removable appliance (bite-planes, retainers, functional appliances, etc.) must be brushed with a toothbrush and toothpaste over a full sink of water ( so it will not break if dropped) after every meal and before it is inserted back into the mouth, and when it is removed and stored in its container (if full time wear is not required). Do not use the same toothbrush you use to brush your teeth, as this passes unwanted bacteria back and forth. At least once week, soak your appliance in a glass of water with Efferdent or Polident tablet. Only store your appliance in its container, not a tissue or napkin, as it will likely be thrown out.

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