



Congratulations – you are investing in a

GREAT SMILE!



CONTACT US!

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www.greatsmiles.com

Q: What do I do if a piece breaks off?

A: Use wax for comfort – we will typically fix the broken piece at your next visit.

Q: Can I play sports?

A: Yes— but wear a mouthguard to protect your braces and mouth.

Q: What should I do if I am experiencing mouth pain / swelling?

A: Use orthodontic wax, rinse with warm salt water, or take Tylenol/ibuprofen if needed. Call our office to discuss.

Q: What foods should I avoid?

A: Skip sticky, crunchy, chewy, or hard foods (gum, popcorn, nuts, apples, hard breads).

Q: What if my teeth feel loose?

A: This is a normal part of the orthodontic process, however please call if you are concerned.

Great
VIBES
- ONLY -



**HOW TO CARE FOR
YOUR BRACES**



GREAT SMILES

PEDIATRIC DENTISTRY & ORTHODONTICS



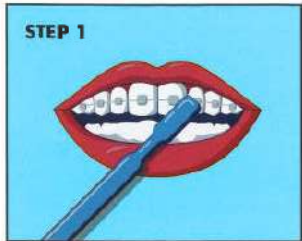
Let's Connect!



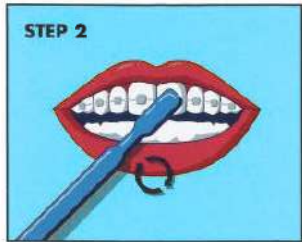
BRUSHING WITH BRACES

It is very important to brush and floss regularly when you have braces! Brush after every meal using a soft toothbrush.

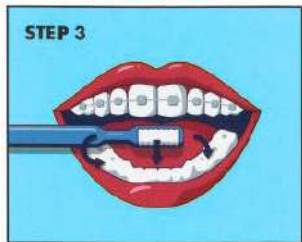
HOW TO BRUSH WITH BRACES



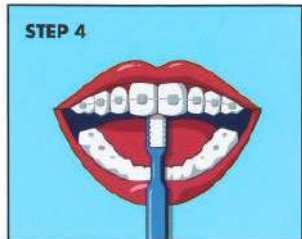
STEP 1
Place your toothbrush at a 45 degree angle to your gum.



STEP 2
Brush the outer, inner, and chewing surfaces of each tooth. Brush gently in a circular motion.



STEP 3
Brush gently in a circular motion.



STEP 4
Use the tip of your brush for the inner surface of your front teeth.

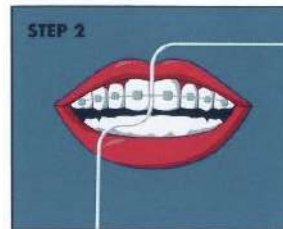
FLOSSING WITH BRACES INSTRUCTIONS

Floss with Super Floss at least once or twice a day. Use waxed floss (unwaxed floss is more likely to get caught in your braces). Water Piks can be used in addition to flossing to help get food out of braces, but it is not a substitute for flossing. Platypus flossers are also helpful for easy flossing

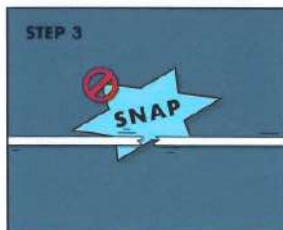
You can get the hang of flossing with practice if you follow these steps:



STEP 1
When using floss, be sure to use enough. About 18 inches of floss should suffice.



STEP 2
Take the waxed floss and carefully thread it under the main wire of the braces before passing it between each pair of teeth. Then remove the floss and re-thread it under the main wire to pass between the next pair of teeth.



STEP 3
Be sure not to snap the floss – simply move it up and down gently against the side of each tooth.

HOW TO CARE FOR YOUR BRACKETS, WIRES, AND APPLIANCES

Brackets or wires coming loose or moving are an expected part of braces treatment. We value your time and want to help set expectations on how to manage any loose or pokey appliances at home so you do not have to come to the office for extra appointments.

BRACKETS

If a bracket becomes loose, it usually remains connected to the main wire. Typically it is not cause for concern, as brackets are designed to come off at a certain force. We can reattach the bracket at your next regularly scheduled visit.



WIRES AND APPLIANCES

If a wire protrudes and is irritating, carefully use a blunt instrument (back of a spoon or the eraser end of a pencil) to gently push the irritating wire out of the way.

If irritation to the lips or mouth continues, place wax or wet cotton on the wire to reduce the annoyance. If you feel that an appliance is loose or your child is in severe pain, please call our office so we can help determine the best course of action.