

What You Need to Know About Orthodontics Treatment

1. Before orthodontic treatment, you should have your caries and gum problems taken care of. If possible, let your dentist perform a cleaning for you.
2. There will be 2-4 days wherein you may feel sore after orthodontic braces are placed on your teeth and also after each orthodontic arch-wire adjustment. Take a softer diet that requires less chewing.
3. Sometimes the braces may irritate your lip, cheek or tongue. You can use bee-wax that we provided you, (or chewing gum when no bee-wax is available) to cover the braces. If you feel the wire is pricking you or the brace is dislodged, call your dentist right away.
4. Be sure to come back at the appointed time for regular orthodontic adjustment. Your cooperation to the directions of the orthodontist is the key in deciding the length of treatment and the quality of the outcome.
5. Your compliance with elastic wear, functional appliance wear or headgear wear can be very important in insuring a successful outcome.
6. Oral hygiene is very important during orthodontic treatment. Use the orthodontic tooth brushes to brush your teeth after every meal, fluoride tooth paste is recommended; you can also use water pik, dental floss to help cleanse your teeth. In addition, you must continue to visit your dentist at least every six months, (or more often if recommended) for check-ups and professional cleanings.
7. Keeping braces from breaking or wires from being distorted will speed up the treatment. Avoiding hard, sticky, and chewy foods, including ice cube, will go a long way in preventing broken braces and keep your braces intact so your treatment process can run smoothly.
8. Extra time is needed with tooth brushing to make sure that all areas around the braces have been cleaned properly. Specialized brush tips are available to help get in between the braces and under the wires. Floss-threader is helpful in passing floss under arch-wires to facilitate flossing of the teeth.
9. After finishing with the orthodontic treatment, you should wear a retainer, otherwise your nicely aligned teeth may relapse (i.e. returning partly to its original position.) If you feel uncomfortable when you wear your retainer; and if there is any damage, or loss of the retainer, call your dentist right away.

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Useful web site: www.braces.org