



# Canal Side Family Dental

258 Main Street C-1, Buzzards Bay MA 02532

Gary R. Peterson, DMD, MPH

508.759.2721

## ORTHODONTIC TREATMENT INSTRUCTIONS

Welcome to the world of orthodontic care and treatment. It is our combined goal to bring the orthodontic patient to improve occlusion, esthetics, and smile. To attain this goal, a partnership must be obtained between the patient and Dr. Winterle for desired results. These instructions and informed consent will help create your new smile.

### Oral Hygiene

As mentioned during the orthodontic consultation appointment, oral hygiene is very important. Home health care includes brushing after every meal or snack. It is very important to keep the teeth and appliances clean.

Hygiene appointments every three months are also very important. The hygiene appointments include prophylaxis and fluoride. Current hygiene appointments and good home health care help prevent decay under the brackets.

Poor oral hygiene will cause major problems. First, the plaque around the brackets will cause decalcification which in turn will damage the enamel. This changes the color of the tooth under the bracket to a white appearance. The tooth then must be restored by composite fillings or even crowning of the tooth. Secondly, the gum tissue around the teeth can become inflamed, red and sore. This leaves gums in a very unhealthy state. Thirdly, plaque accumulation around the brackets will cause the bonding to fail and the bracket to come off, requiring more appointment time to back up and replace the bracket rather than progressing to the next step. This increases treatment time. Good oral hygiene habits are totally the responsibility of the patient. If decalcification of the teeth occurs due to poor hygiene habits, it is completely the responsibility of the patient. As a general dentist, Dr. Winterle has the combined ability to perform the orthodontic treatment and detect early problems with hygiene and decay.

### Eating Habits

A careful orthodontic patient can eat most foods and not damage their appliances. However, some types of foods may cause trouble which include: hard foods, sticky foods and foods high in sugar.

Hard foods may do damage by bending the wires, loosening the cement under the bands or breaking the small brackets and tubes that are attached to the bands. Some of the foods of this type are listed below along with ways to be eaten:

Carrot sticks	Cut into curls with a vegetable peeler or cut into thin strips
Corn on the cob	Cut it off the cob!
Apples	Cut into pieces.
French/Italian bread	Cut into small pieces and be careful of hard crust

NO POPCORN, NUTS, GRANOLA, GRAPE-NUT CEREALS OR HARD TACOS

NO chewing ice cubes, bones and hard objects: Do not chew pens and pencils!

Sticky foods may do damage to appliances by bending wires and pulling the cement seal of the bands loose.

NO taffy, sugar daddies, caramels, gum, gummy bears, swedish fish, starbursts, tootsie pops, etc.

Foods high in sugar content should be avoided. Thoroughly brush your teeth immediately after eating sweet foods and after each meal. As well, it is necessary to brush your teeth thoroughly for 5 minutes every morning and before bed.

However, this is not a total list of “banned” foods. Whenever eating or putting anything in your mouth, the orthodontic patient must always think “will this hurt my braces?” The orthodontic appliance is fragile.

### Regular Care

After the initial banding appointment, adjustment visits are scheduled on a monthly basis. These appointments are usually brief but very important. If eating habits are good, instructions are followed, and no bands or brackets are loose, time can be spent on progression to the next step rather than backing up and re-cementing the bands or brackets. This will all help to decrease treatment time.

### Elastic Wear

Some orthodontic patients require additional pressure with elastics to move the teeth and improve the bite. It is the patients responsibility to wear the elastics as instructed. When elastics are not worn as instructed, nothing happens and the teeth are not moving. This just adds wasted time to the treatment procedure. The patient is in complete control of the speed of treatment. To get the braces off on time or earlier, elastics must be worn.

### Retention

Active orthodontic treatment does not end when the braces are removed. When the appliance is taken off the teeth they will tend to shift back toward their original position unless the teeth are retained in the position the teeth were when the braces are removed.

Impressions for the retainers will be taken on the day the braces are removed and will be inserted 7-10 days later. Usual instructions for retainers are constant wear 24/7 for six months. Exceptions are when brushing the teeth and perhaps when eating. Retainers can be worn during eating, but it is not mandatory. After six months, the retainers may be worn only at night, but this means every night. If they become loose they will need to be adjusted, please call the office for an appointment at that time.

It is entirely the patients responsibility to wear the retainer and keep the teeth straight.

Hopefully these instruction will answer most of your problems or concerns. Please feel free to call the office at any time.



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I have read and understand these orthodontic treatment instructions.

Patient Name: \_\_\_\_\_

Patient Signature: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

Date: \_\_\_\_\_