
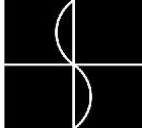


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Instructions For Braces

Now that you have entered orthodontic treatment, here are a few hints to make it a pleasant experience:

Eating habits:

Hard foods may do damage by bending wires, loosening cement under the bands or breaking the brackets. Sticky foods damage appliances by bending wires and pulling cement loose.

Avoid eating: Popcorn, nuts, Apples (cut into wedges, don't bite), Pizza crust, Hard Pretzels
Chewing on Ice, Lemons, Corn-on-the-cob, Corn chips, tortilla chips, crispy tacos
Taffy, Caramels, Granola Bars, Bubble gum or any type of gum
Hard french bread
Carrot sticks (if you cut them into thin carrot curls then it would be OK)

Tooth brushing tips: An electric toothbrush is recommended (Sonicare, Braun).

The brackets, bands and the wires tend to make a little shelf around the outside of the teeth. This shelf makes it harder for your toothbrush to clean the spaces between your gums and the attachments. Failure to properly clean teeth causes infection of the gums, making it more difficult to clean.

The brush should be placed against the teeth at an angle. The bristles should be pushed under the wire and between the teeth. The brush should then be vibrated and moved in small circles in each area of the mouth. This should be done from above and below the arch wire. Do not forget the tongue side and the chewing surfaces. A careful brushing should take 3-5 minutes and should be done 10 minutes after eating. It is highly recommended that you carry a toothbrush with you.

Dr. Saba recommends using the **Phos-Flur mouthrinse by Colgate** every night after brushing your teeth to prevent decay and enamel decalcification while going through orthodontic treatment. If you play any contact sport, be sure to purchase a **mouthguard** to protect your lips while playing in case you get hit in the face. The braces can tear your lips and cheeks if a mouthguard is not worn. For your convenience we sell both the Phos-Flur mouthrinse and the mouthguard.

What to expect the first week with the braces:

Tooth soreness is common and will usually last for four days. If tenderness is severe, take 1-2 Tylenols every four hours.

Sores or ulcers may appear in areas of the mouth that are in close contact with braces. These ulcers will heal in 7 to 10 days but may recur.

Loosening of the teeth is another common occurrence and should not alarm you in any way.

If a wire protrudes and is irritating, take a blunt instrument (eraser end of a pencil), and carefully tuck the wire under the main archwire. If irritation to the mouth continues, place wax or wet cotton on the wire to decrease the abrasion. You can also make an appointment and we will check and/or repair the appliance.

If any part of your appliances comes loose, place it in an envelope and bring it with you to the office.

If you play contact sports, you should wear a mouth guard every time you play.

Finally, treat your appliances as expensive, fine pieces of jewelry because in reality, that's what they are.

