



BRACES

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THACKER ORTHODONTICS

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PURPOSE OF BRACES:

To move teeth to a healthy, functional and aesthetic position.

They have many small parts:

- Brackets are generally attached to the front teeth. They can be silver or clear.
- Bands are metal rings that are cemented around the back teeth.
- An arch wire fits inside of the brackets and then into tubes on the bands.
- Small round elastic (or wire) ties go over the brackets and serve to lock the arch wire into the brackets. These ties are often a color of the patient's choice and are changed at each visit. Sometimes these ties are connected, making an elastic chain; these are used to close spaces between the teeth.

ADJUSTMENT EXPECTATIONS:

Adjustment to the Braces may take 7 to 10 days.

- The cheeks, lips and teeth will become tender.
- Speaking and reading out loud will help to improve your speech.
- Begin eating soft foods, taking smaller bites than usual.
- Expect the teeth to become tender each time we make adjustments to your braces.

DISCOMFORT:

Expect to experience some discomfort of the teeth and cheeks.

- Take Ibuprofen or non-aspirin pain medication as you would for a headache.
- Oral rinsing with warm salt water or Peroxyl will help ease the adjustment.
- Use wax generously on any areas that may be rubbing on the cheeks, lips or tongue.

HOME CARE:

- Brush at least 3-4 times each day with a soft toothbrush in a circular motion.
- Be attentive that you are brushing on the gums, around the braces.
- Floss loops can be used to thread floss under arch wires to allow flossing.
- We advise brushing with a 2.5 - 3 minute timer after breakfast and before going to bed.
- Brush for one minute with a fluoride treatment at bedtime, do not swallow, but be sure to spit out all that you can.
- Do not put toothpicks or any foreign objects into your mouth to try to dislodge foods.
- **Poor home care will cause an infection of the gums and can leave permanent marks on the teeth that may easily develop into cavities.**

SPECIAL ISSUES:

Please call our office if you have anything that is loose or broken.

- Wax can be used on any areas that may be sharp or uncomfortable until we are able to repair it.
- To avoid damaging your braces it is important to avoid hard or sticky foods as described on your food list.
- A mouth guard should be worn while participating in sport events. We have some available in our office. **Do not wear the type that you mold to fit around your teeth while wearing orthodontic appliances.**

GOOD LUCK ON YOUR ROAD TO A NEW SMILE!!