

PATIENT INSTRUCTIONS FOR FIXED APPLIANCES

Proper care and wearing of your Fixed Appliance will help your treatment go quicker and be more effective so you achieve better results.

WEARING INSTRUCTIONS:

- The teeth will have some sensitivity at the beginning of tooth movement
- You will experience an increase in saliva for a few days until you become used to the appliance
- Read aloud for one hour per day to help you get used to speaking with the appliance in place. After a couple of days you will get used to the appliance and no one will be able to notice you are wearing it when you speak.
- If the appliance becomes loose, breaks or becomes uncomfortable, contact your Doctor right away
- Use relief wax if you have a wire that is irritating your cheeks or tongue
- Avoid hard and sticky foods especially gum, taffy and other candy
- Cut food into smaller pieces to avoid bending or breaking your appliance

PROPER CARE OF YOUR APPLIANCE:

- Always keep your appliance clean. You can brush it with tooth paste to keep it clean and fresh
- Brush and floss your teeth on your regular schedule
- Be sure to brush between the appliance and your gum line
- Do not play with your appliance with your tongue. This will loosen the fit.
- Do not pick at the appliance or the bands with your fingers.
- Do not bite on pencils or pens
- Contact your Doctor immediately if you lose or damage your appliance