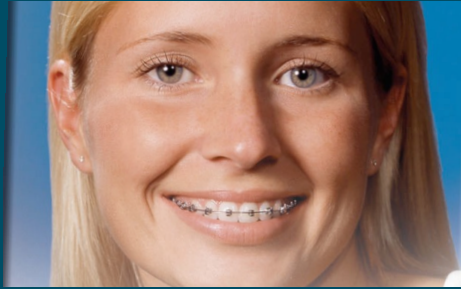


Your orthodontic treatment



D^{re} Sonia Lapointe
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It is a possibility that not all the brackets are installed on your teeth. We sometimes glue them in multiple steps. Each case is different.

Happy treatment!

Adapting:

When you first get your braces, you may notice that your teeth can be sensitive to pressure and chewing. This discomfort will last a few days (3 to 5 days) and disappear eventually. It can vary depending on each individual's tolerance threshold. For your comfort, we recommend that you eat soft foods during the first few days. As an example, eat yogurt, oatmeal, omelet, pasta or soup. You may have to take an analgesic to relieve the discomfort, although it's not that common. Brackets are glued to your teeth; they are solid and will resist vigorous brushing.

Orthodontic wax :

At the beginning of the treatment, other discomforts can surface. Brackets can be a temporary source of irritation for lips and cheeks. To relieve the pain, you can use orthodontic wax on the problem bracket or brackets. The wax won't remove the pain, but it will protect and isolate the affected area from the irritant. Take one piece of wax, shape it into a ball and push it against the problem bracket or brackets.

Eating:

You can eat almost anything without damaging your appliances. However, certain types of food can distort the wires, dislodge the bands or the brackets. Be careful as the treatment may have to be extended if these incidents occur frequently. You must avoid hard and sticky foods such as chewing gum, sponge toffee, caramel candies, jelly beans, licorice, some chewy granola bars and pop corn. Fruits and vegetables have to be cut in small pieces.

* It is strongly recommended to avoid chewing gum during the whole duration of the treatment. It might stick to appliances, wires and brackets. Wires have memory and chewing gum will lead to undesired teeth movement that could extend the length of the treatment. Even worse, repetitive chewing can cause joint fatigue, pain and stress in the jaw area.

Dental hygiene:

Your appliances and your brackets are solid and resistant; they can withstand aggressive brushing near the gums. Don't stop brushing because your gums are bleeding, on the contrary, that is a sign of gingivitis, often coupled with swelling, that requires a more attentive and vigorous brushing. The prolonged presence of dental plaque around the brackets and the acids released by these bacteria weaken the glue and therefore increases the risk of cavities and permanent stains on the teeth.

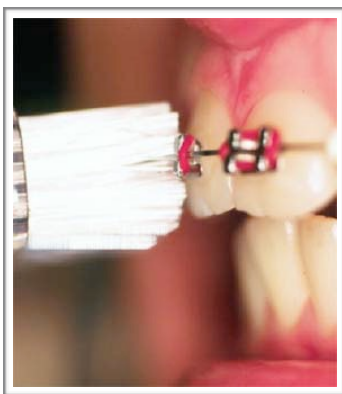
You must brush your teeth after each meal and before going to bed. If you can't brush your teeth, rinse your mouth with water or mouthwash.

We are committed to help you achieve the best results orthodontics can offer: a beautiful, healthy smile! That's why good dental hygiene is essential to oral health as well as the treatment's success. As a team, we will work with you and your dentist. A dentist exam and teeth cleaning every 6 months are essential during your treatment.

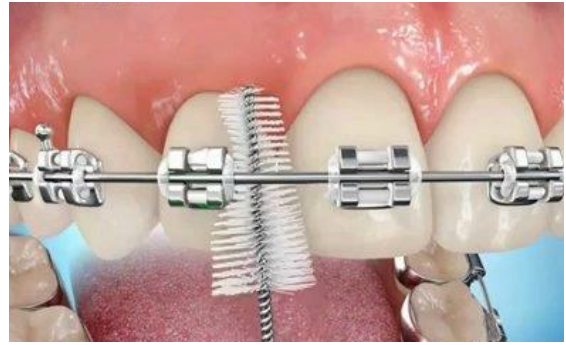
Brushing technique

First, place the brush horizontally on the brackets and move it from left to right.

Secondly, place the brush a 45 degree angle above the brackets and execute the same movement. It is normal, and even advisable that the brush touch your gums. Repeat the same movement to clean below the brackets.



Then, insert the small tapered brush under the wire to clean around the brackets and teeth surfaces under the wire.



Dental floss technique

A good brushing is not enough to maintain optimal dental and gum health. You will find two kinds of floss in your kit, you can pick your favorite one. We recommend that you floss once a day.

1. Oral B Superfloss: insert the stiffened-end of the dental floss under the orthodontic wire and floss normally between the teeth. You have to pull out the floss completely from the wire to clean each spot between the teeth.
2. Threader: insert the floss in the threader opening and tie a knot. You can then proceed the same way as with the Superfloss, which is by inserting it (with the stiffened-end) under the orthodontic wire.

* Please note that to get the best hygiene results, it is important to insert the floss slightly under the gums. It is normal to feel some resistance.

Appointments

It's important that you show up at each appointment. Please advise us if you can't be there or if you are running late. Missed or postponed appointments can extend the duration of your treatment.

Real orthodontic emergencies are rare, but when they happen, don't hesitate to contact us and we will book an appointment if need be. Generally, you should be able to temporarily fix the situation yourself. If your appliances break or become loose, call us immediately. A phone evaluation will be necessary to obtain a non-scheduled appointment.

Congratulations on your efforts!