

iSmile Specialists

14121 S.W. Freeway, Suite B Sugar Land, TX 77478
(281)447-6453

Post- Operative Instruction

Every retainer, appliance or set of braces is specially designed for each patient to ensure proper fit. Even so the newness will often result in an adjustment period. If you have difficulty speaking, speak slowly, until your tongue becomes accustomed to the addition. Pain can occur when orthodontic treatment first begins. Muscle and tooth soreness can last for 24-48 hours. During any sore periods of time, a soft cut into small bites can help alleviate pain. White wax is available to pinch off and place on a sharp arch wire, bracket or band and will protect the irritated cheek or gum tissue. For serious pain and discomfort, call our office to ask any questions or schedule an appointment.

SUMMARY

1. You may experience some pressure and discomfort on your teeth.
2. Be gentle with braces and avoid chewing hard and/or sticky food,

EXAMPLE:

NO GUM, CARAMELS, TAFFY, OR WHOLE BAGELS.

NO POPCORN, NUTS, OR ICE CUBES.

CUT RAW FRUITS AND VEGETABLES INTO SECTIONS.

CUT CORN OF THE COB.

DON'T BITE INTO CHICKEN OR RIBS ON THE BONE.

3. Brush your teeth and gums thoroughly after each meal. Floss at least once a day after brushing. Brushing and flossing around braces is something challenging and time consuming, but very important.

HELPFUL HINTS FOR IRRIGATION

1. Use white wax to cover the appliance
2. Rinse mouth with warm salt water.
3. For tooth soreness take a mild analgesic or whatever you normally take for headache or similar pain.

Important do not forget

1. Missed appointments.
2. Cooperation in wearing elastic and all removable appliance is most important to treatment success.
3. See Dr, Kanaan for regular dental check-ups (every 4-5weeks)

*The fee for any broken bracket will be \$25 EACH.