south shore pediatric dentistry

Caring for your braces and your beautiful smiles. PUT THIS ON THE FRIDGE ☺

Dear ,

Congratulations on getting your braces! Please read this letter with your parents or guardians out loud. This letter is not to scare you or alarm you about braces. This letter intends to show you how you can prevent potential problems and achieve a beautiful final result.

These cemented appliances called braces will allow us to guide your teeth so they will work (chew, smile, talk) and look better. Soon, you will have beautifully aligned teeth and even a more beautiful smile! However, the braces needed to be cared for so they could do their job properly and prevent your teeth from getting cavities, gingival overgrowth, gum diseases.

Normally, when you first got your braces, you might feel uncomfortable for the first two weeks. Your cheeks and tongues may become irritated and we have wax (in gift bag) for your comfort. As you get used to braces, your gums, cheeks and tongue will get used to them as well. Please ask for more wax as you need it! We recommend Advil, Tylenol as needed. It is important that you maintain regular, healthy diet during your treatment. Please stay away from sticky, gooey, hard foods at all times.

If you follow our guidelines, you will help us to help you get the best result from your braces treatment. We want you to have a beautiful smile!

WE WANT TO SEE THIS AFTER YOUR TREATMENT: 

WE WANT TO PREVENT THESE:  

These are commonly caused by not flossing and brushing properly, eating sugary snacks and drinking sugary beverages

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Please follow our guidelines every day to achieve the ideal final result. Dr. Sally and Dr. Lee have hand-selected the products that will help you get a beautiful result and smiles.

1. **FLOSS, BRUSH, FLUORIDE RINSE EVERYDAY**. Ideally, you want to brush, floss and use fluoride rinse AFTER every snack and meal and before you go to sleep.
2. **Please stay away from gooey and sticky foods**: chewing gums, laffy taffy, Starburst, Now and Laters
3. **NO HARD Foods**: ice cubes, ribs, pizza crust, beef jerky, slim Jims, nuts, granola bars, firm fruits, carrots
4. **DO NOT BITE pens/ pencils**
5. **Stay away from SODAs, SPORT DRINKS (Gatorade, Red bulls etc)**
6. **If your braces break or become loose, please call our office right away.** This is not an emergency unless you are in pain, we need to see you to replace/ re-cement your brackets so your treatment is minimally affected.
7. **Wear your ELEASTIC ALL THE TIME!** If you are asked to wear the elastic, please wear them, even at meal time. Please remember to change them every 24 hours. If you ran out or lose your elastic, please call us and come to pick up your elastic.
8. **Please keep your regular appointment time.** There is a reason for your regular braces appointment: during the weeks you are not seeing us, your braces is doing its work, your teeth are moving, your bones are changing shape and you are also growing! When you do not keep your appointment, those braces and elastics do not work in an ideal situation, which will adversely affect your treatment process.

TIPS FOR CLEANING TEETH

Brushing techniques:



AND



brush between brackets

Floss: you may use Platypus floss or floss-eez. Try them, see which one you like best



Platypus floss OR



GUM floss-eez

Toothpaste: you may use ADA approved fluoridated toothpaste or ClinPro 5000 (available at our office for purchase)

Rinse: try these, which one do you like best?



ACT braces care



Periomed



Fluoride rinse for kids