



# THE ORTHODONTIST SIMPLY SMILES



301 Radford St  
Christiansburg, VA

**DR ZACK BRACKET**

(540) 200-TOOF/8663  
ortho@theorthodontist.com  
www.theorthodontist.com

## Instructions for Braces



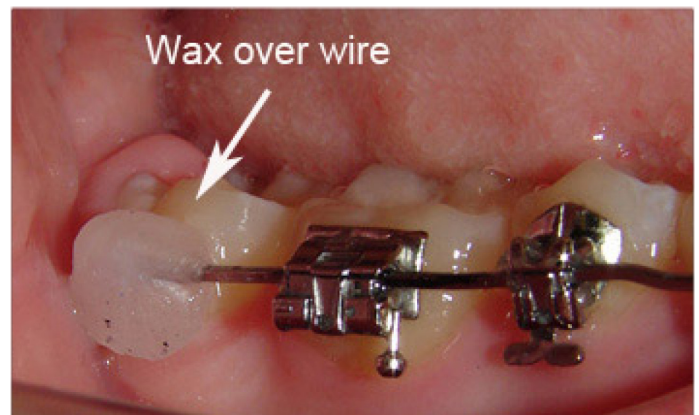
### Poking Wires

Immediately after each procedure, use your finger and tongue to check for wire ends that extend into areas that may poke or irritate your mouth.

Please alert us if you experience significant discomfort.

### Comfort Wax

We will provide wax for you to place around the wire or brackets to minimize irritation as needed.



### Pain Relief

Your mouth and teeth may be sore for up to a week after bonding and each adjustment.

To help with pain, you can take over-the-counter pain relievers. We recommend up to the maximum dose of acetaminophen (Tylenol) and ibuprofen (Advil), which you can alternate or take simultaneously.



## Careful with Hard Foods

You must be extra cautious when eating hard foods such as apples, nuts, and steak. Cut them into smaller pieces and chew them carefully.

Do not chew on hard objects like ice cubes or pencils, as this can damage your braces and extend your treatment time.



## Flossing

We recommend using the platypus flossers.

Here's a video that demonstrates how to use a platypus flosser:

[https://www.youtube.com/watch?v=xGScpnsM77M&ab\\_channel=HygieneEdge](https://www.youtube.com/watch?v=xGScpnsM77M&ab_channel=HygieneEdge)

Please remember the importance of “hugging” and scraping up and down on the sides of each tooth when in between.

## Brushing

You should brush and floss at least twice a day to dislodge food and prevent plaque buildup. Rather than focusing on the amount of time spent brushing, it is more important to do a thorough job, carefully brushing every spot around the teeth.

This video shows how to brush around the brackets, but don't forget to brush the gum line on the front and back of the teeth!!

[https://www.youtube.com/watch?v=IW4L242stKM&ab\\_channel=WiredOrthodontics](https://www.youtube.com/watch?v=IW4L242stKM&ab_channel=WiredOrthodontics)



## Interproximal Brushes

Interproximal brushes (Christmas Trees) may also be carefully used to clean around the brackets.

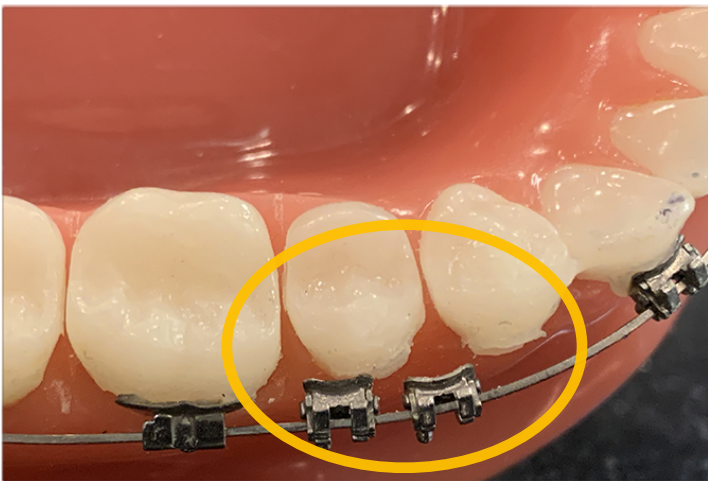
The following video gives a good demonstration of how to clean correctly with an interproximal brush:

[https://www.youtube.com/watch?v=xDUOBZh-1WQ&ab\\_channel=ICEHealthSystems](https://www.youtube.com/watch?v=xDUOBZh-1WQ&ab_channel=ICEHealthSystems)



## Contact Sports

If you play contact sports, talk to Dr Bracket about precautions, such as a mouth guard to protect your teeth and braces.



## Broken Brackets

If you experience severe pain, a loose bracket or band, or a broken wire at any time during your treatment, it is important to contact our office for assistance.