

6MS Patient Instructions

APPOINTMENT INFORMATION

Braces on appointment—approx. 90 minutes

Adjustment appointments—approx. 20 to 50 minutes long every 2-4 weeks

Braces off appointment—approx. 60 to 90 minutes

Retainer appointment—approx. 40 minutes

DIET

1. Avoid the Following: ice, popcorn, hard crusty breads, nuts, bagels, chicken wings, popcorn kernels, raw vegetables, whole fruit, candy, taffy and ANY OTHER FOOD THAT COULD DISLODGE ONE OF YOUR BRACES. *Cut foods into small pieces.
2. Avoid Foods High in Sugar Content: Avoid gum and soda containing sugar. These foods have the potential to cause heavy plaque build-up. The combination of sugar and plaque causes acid in the mouth, which can lead to swollen gums, white spots on the teeth, and decay.
3. Be aware of foods that may stain to appliance: Spaghetti sauce, red wine, coffee, tea, strawberries, blue berries, curry, dark sodas, red juices and other highly colored foods/drinks can stain your braces. Try to limit them.

HOME CARE

1. BRUSH AND FLOSS YOUR TEETH you have been provided with samples, demonstrations and tools to do this please use them and ask for a replacement as needed.
2. Use fluoride rinse and toothpaste.

COMFORT

Your teeth and lips will be sore for about 1-2 weeks (everyone is different).

Use wax and Ibuprofen (or other pain meds) to help aid with discomfort as needed.

Place wax on parts of the braces that may be bothering you (wires or brackets).

You will get used to the bumpers in 1-2 weeks, they will be checked and adjusted periodically.

ELASTICS- wear as much as possible, only removing to eat and clean your teeth.

To make your appointments easier:

1. Please eat before coming in for each appointment.
2. Take headache medicine (Advil or Tylenol) 30 minutes before your appointment or we have it in office if you forget.

If a bracket happens to come loose, it is not an emergency; we will replace it at your next visit.

Please let us know ahead of time if possible, so that we may adjust your scheduled amount of time.

If something is poking you and extremely uncomfortable, please call to be seen.