

## BRACES CARE

### GLOSSARY: The terms used in treatment will help you understand what is in your mouth!

- 1) **Bands:** metal rings encircling your molar teeth. Not everyone has bands.
- 2) **Brackets:** small metal squares that are glued directly to the surface of the teeth
- 3) **Wires:** goes through the channels in the brackets and connects everything together to actually move the teeth.
- 4) **Alastics:** small rubber bands that holds the wire in the brackets. These are the colors you choose each visit.
- 5) **Wire tubes:** holes the wire goes through on the bracket or tube of the back molar teeth.

### Relieving Discomfort:

- Braces can cause pain and discomfort to the teeth for several days. Take Ibuprofen, Tylenol, or Aspirin as needed for pain. During this time, chewing can be difficult so softer food choices and smaller bites are necessary.
- Expect the cheeks and soft tissue to develop sore spots or ulcers. Use orthodontic wax to reduce discomfort. The wax is to be placed on any metal part of the brackets or bands that are causing the discomfort to act as a cushion. Placing Orabase on the affected area may also help relieve discomfort; Orabase can be found in a pharmacy. The sores will get better after a few days and your cheeks will get used to the metal. Warm salt water rinses can help with healing.

### Breakage and Emergencies:

- On rare occasions, bands or brackets may loosen, THIS IS NOT AN EMERGENCY. The bracket will usually stay tied to the wire and does not cause discomfort. However, when you notice this, please call the office to schedule an appointment for repair OR to add more time to a current appointment. Even if it's the day of your appointment, call the office so that extra time can be scheduled to repair the damage. Repairs cannot be made if we are not told beforehand.
- Wires, on occasion, will move in the mouth and come out of the back molar tubes, (especially early in treatment) and poke the soft tissues. If this occurs, you can schedule an appointment as soon as possible to have the ends clipped. In the meantime, place some wax over the wire that is poking.
- If you are in pain and it cannot wait until the next working morning, emergency phone numbers are available on our answering machine.

For more information on problems or discomfort with your braces refer to our website at [www.spokaneortho.com](http://www.spokaneortho.com) and click under the title "wearing braces" then emergency care.

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