

Star Tips & Guidelines

COMFORT TIPS FOR YOUR BRACES

It is not uncommon to experience some soreness or discomfort while undergoing orthodontic treatment, especially when you first get braces on or after they've been adjusted. The discomfort associated with braces & orthodontic appliances typically passes quickly. Any time you experience soreness or discomfort, there are a few things you can do at home to relieve the pain:

- **Over the counter pain reliever** (Advil or Tylenol) will help relieve any soreness or discomfort. Be sure to take the dosage that is appropriate for your age, weight, etc.
- **Rinsing with warm salt water several times a day** will also minimize discomfort and relieve sore gum tissue.
- **Use wax to cover brackets that are rubbing or wires that are poking on gums or causing ulcers.** Rinsing with warm salt water will also help heal sore spots that may occur on the inside of your cheeks or lip.

If you experience pain or discomfort that is excessive or lasts more than 3-4 days, please contact our office so we can help get you comfortable.

MOUTH GUARDS

It is important to **protect your teeth and orthodontic appliances with a mouth guard when participating in sports or physical activities.**

LOOSE BRACKETS OR APPLIANCES

If anything feels loose or broken, please call our office as soon as possible so we can determine if you need to be seen for a repair.

KEEPING APPOINTMENTS


It's important to keep your appointments as they are scheduled. **Excessive rescheduling, cancelling or not showing up for appointments will add time to your overall treatment time.** Because appointments are scheduled 4-8 weeks in advance for all patients, missing an appointment may result in a significant delay before we can work you back into the schedule. We want you to complete treatment in the most timely manner as possible and keeping your appointments as they are scheduled ensures you will stay on track.



**STAR TREATMENT,
STAR RESULTS!**




YOUR PARTICIPATION

 Being compliant with your oral hygiene, appliances (turning expanders, wearing face masks, etc.) and wearing elastics as instructed will also help ensure your treatment will be completed on time. Failure to do so will result in extended treatment time and could result in additional appointments.

- Brush several times a day with a fluoride toothpaste
- Rinse several times a day with an alcohol-free, fluoride mouthwash
- Floss at least once a day to clean hard to reach places and to keep gums healthy
- Avoid hard, crunchy, sticky foods and snacks that will damage braces and appliances
- Avoid sugary, acidic sodas, sports drinks, energy drinks and fruit juices that erode enamel and cause permanent decalcification (white spots).

ASK QUESTIONS

Communication is a very important part of your relationship with our office and your orthodontic treatment. Dr. Robertson and her experienced team  are here to educate you about orthodontics and dental health and answer any questions you have regarding your orthodontic treatment. So please, just ask! We're here for you.