



J. K. Mistry Dentistry Professional Corporation
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CONGRATULATIONS!

YOU'RE ON YOUR WAY TO A BETTER SMILE, BUT WE NEED YOUR HELP

As an orthodontic patient, you are presented with a special challenge. Orthodontic appliances collect plaque and food debris, which puts you at greater risk for developing cavities and gum disease. When you start orthodontic treatment, you will be given many different oral health tools to help clean your teeth. In order for you to end up with a beautiful smile, you must follow these instructions carefully.

BRUSHING

Your brush must be held at a 45-degree angle such that the bristles reach above and below the brackets/buttons and the wire. Do not brush vigorously as this can traumatize the gum, damage your orthodontic appliance, and not remove plaque. Small vibratory motions at the gumline (either back and forth or in small circles) are most effective at removing plaque.

FLOSSING

Flossing should be done daily, especially if you are wearing clear aligners or removable orthodontic appliances. If this is not done, the gums will become swollen, soft, and will bleed easily. Although this can be tricky with braces, we have provided you with the right tools to perform this mandatory part of your oral hygiene routine. If plaque is not removed, you may get cavities or more painful infections.

Do not apply excessive force with floss as this may bend wires or dislocate the bands on your teeth.

PROXYBRUSH

This small brush can be used in between the teeth and brackets to remove food and plaque. The brush bends to permit easier access to difficult areas, and it can be used easily for on-the-go cleaning.

SUGGESTED SEQUENCE FOR BRUSHING

1. Rinse mouth to dislodge large food particles.
2. Floss (suggested at nighttime for traditional braces, and after every meal for clear aligners)
3. Loosen larger food particles by cleaning between wires & gums with proxybrush provided.
4. Brush in vibratory or small circle motions.
5. Don't forget to brush the insides of the teeth (the tongue side).
6. Scrub the chewing surfaces of your teeth last.
7. Rinse the mouth again. Frequent rinsing during the course of brushing helps eliminate food particles before they get lodged someplace else.
8. Check in the mirror. The bands and teeth should look clean and shiny. Gums should not be bleeding.
9. A final rinse with mouthwash containing fluoride will help freshen the breath and provide added protection to the gums and enamel.
10. Massage your gums using soft picks or a rubber tip stimulator or your fingers. This stimulates circulation and reduces inflammation which is often caused by orthodontic appliances.

All of this seems time consuming at first, but keep at it.
Soon you'll be able to floss while watching television.



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WHAT TO EXPECT DURING ORTHODONTIC TREATMENT

*There may be some discomfort. Whenever there is pressure on teeth to move them, sensitivity and soreness is experienced. This usually diminishes after a few days. Warm salt water rinses may soothe the discomfort following adjustment appointments. If the discomfort becomes too unbearable, you can take a painkiller like Advil or Tylenol and contact us.

*The insides of the cheeks and lips may become raw where the braces rub against the skin. This will reduce gradually as the mouth adapts to the braces. Included in your care kit is a packet of orthodontic wax which is designed to help with this problem. Roll a small ball of wax between your fingers and place it over the area that is irritating your skin. If this doesn't help after 1-2 days, contact our office.

*Chewing may be uncomfortable for the first few days. This is normal and eventually the discomfort will subside. It may also feel like your teeth don't fit together throughout the treatment, and this is normal because your teeth are moving. If you are experiencing difficulty eating, there is a special diet you can follow to minimize your discomfort. Eat soft foods like mashed potatoes, soup, pasta, smoothies, or ice cream, and avoid hard or sticky foods that will give you trouble.

Throughout orthodontic treatment it is **VERY** important that you maintain proper oral hygiene. If any irritation occurs, remember that salt water rinses help wounds heal and minimize risk of infection.

We will schedule regular appointments at which we will change the wires and/or elastics if you are in traditional braces, or we will deliver new trays and make adjustments to your teeth if you are using clear aligners. In the event that a bracket or button falls off your tooth, do not panic. A loose bracket will likely remain attached to the wire. If something like this happens, please call the office to schedule an appointment to reattach the missing component. Since your regular orthodontic check-up appointment is only scheduled for a short period of time, we need to know ahead of time if something is broken so we can book enough time to reattach it. We will do our best to accommodate you in a timely manner. Good and effective communication will keep us all on track to a beautiful smile.

WHAT NOT TO DO

*Do not eat foods that are hard, sticky, or high in sugar. Avoid eating the following things that can adversely affect your treatment by loosening bands, bending/breaking the wires, and causing cavities:

1. Ice cubes
2. Chicken bones
3. Popcorn kernels
4. Nuts
5. Snacks such as: hard candies, sticky gummies, toffee, hard pretzels
6. Raw vegetables: cut these into small pieces, do not try biting into a whole carrot
7. Fresh fruits with high acidity: do not suck on lemons or limes
8. Biting into hard things such as: corn on the cob, whole apples or other hard fruits
9. Chewing gum
10. Do not bite nails or place hard objects (i.e. bobby pins, nails) between teeth



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SOME HELPFUL POINTERS FOR A HEALTHY DIET

1. Meat should be cut off the bone before chewing.
2. Scrambled eggs are a good source of protein.
3. Cheese can be added to hot soup to boost protein content.
4. Milkshakes or smoothies with protein powder are highly nutritional.
5. Cooked vegetables are easier to eat than raw vegetables.
6. Salads can still be consumed if chopped into small pieces.
7. Potatoes are very healthy and can be cooked in many ways.
8. Milk, Greek yogurt, cottage cheese, and ice cream are all good sources of calcium.

Always carry a toothbrush with you

If it is not possible to brush after a meal, rinse vigorously with water

WHAT TO EXPECT WITH CLEAR ALIGNERS:

- It is recommended you wear the aligners 20-22 hours a day. Wearing the aligners less than 18 hours daily or missing days can lengthen the treatment time or prevent teeth from moving.
- Dental tenderness may be experienced after switching to the next aligner in the series.
- After clear aligner orthodontic treatment, teeth require a form of retention to prevent them from shifting back to their original position. It is advised to wear retainers for the first 3 months 20-22 hours a day, then you may switch to nighttime wear. It is advised to wear retainers for life, even if only a couple of hours per week. Your dental team will discuss specifics for your teeth.
- As accurate as clear aligner technology strives to be, in some cases teeth lag behind during treatment. If this happens, the doctor may decide to stop treatment early or at the end of the given aligners to take new impressions for refinements or mid-course corrections. All timeframes are estimates only.
- Attachments may be bonded to one or more teeth during the course of treatment--some of which, may end up on your front teeth. These attachments provide torque on the teeth—without them the course of treatment could be compromised.

If you have any further questions after reading this information brochure, please don't hesitate to contact the office at (905) 890-0200. We look forward to working with you and helping you achieve a healthy, beautiful smile!