



Cornerstone Dental Group

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Braces...what we want you to know.

Congratulations on your decision to proceed with orthodontic treatment and take the first step toward a new smile! There will be challenges along the way; however, we hope the benefits of a pleasing smile and healthy bite, in the end, will make it all worthwhile. We have prepared the following to help you ensure your treatment proceeds smoothly.

The first week or so will be the most challenging part of treatment as there are several things you will be dealing with and getting used to:

- ☞ The teeth will become tender as they begin to move. Many people find this initial movement the most uncomfortable part of the treatment; it will get easier as treatment progresses. Typically, the tenderness lasts only a few days but may persist a little longer after the initial bracket placement. A soft diet and over-the-counter pain medication will assist you through this time.
- ☞ Your lips are adapting to the feel of the brackets. They may become sore. They will toughen up in time, much like your feet do after running around barefoot. If sores develop, use the wax to help with this transition.
- ☞ Some people find their speech is affected. This lasts briefly and can be quickly overcome by reading out loud to yourself.
- ☞ You may also find more saliva in your mouth than normal. Again, as your body adapts to the braces, this will return to normal.

To ensure your experience with braces is as pleasant as possible and completed in a timely manner:

- ☞ Avoid hard and sticky foods, which may damage or knock off the braces.
- ☞ Avoid cold food as it weakens the bond strength of the brackets to the teeth. ***Especially*** for the first 48 hours.
- ☞ Brush ***and*** floss regularly.
- ☞ Use a fluoride mouth rinse and a toothpaste containing fluoride.
- ☞ Have your teeth cleaned and examined regularly during treatment.
- ☞ Call the office if anything comes off during treatment so we can schedule more time at your next orthodontic visit. Otherwise, we may be unable to re-cement the bracket at that appointment, and treatment may be delayed. Save any pieces and bring them to the appointment.
- ☞ Use the wax as necessary if there are sore spots.
- ☞ If a wire comes out and the wax is not of any help, it can be cut with fingernail clippers if you are in a pinch. Be careful not to swallow the small cut-off piece.
- ☞ Pre-book your following appointment(s) when you leave the office to ensure you are seen as close to the recommended time as possible.
- ☞ Wear your elastics when directed.

Thank you, and if there are any questions or concerns, please don't hesitate to contact the office.