



Cornerstone Dental Group

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Orthodontic appliances...what we want you to know.

Congratulations on your decision to proceed with orthodontic treatment and taking the first step towards 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. To ensure your treatment proceeds as smoothly as possible, we have prepared the following to help you.

- ☞ The first few days will be the toughest part of treatment as the teeth are starting to move and you are getting used to the appliance(s). You will likely experience some tenderness. It will get easier as treatment progresses. Initially you may consider using pain medication as necessary to help you on your way.
- ☞ Your speech may initially be affected. This is transient and you will learn very quickly how to talk with your appliance(s). Reading out loud will help speed up the process.
- ☞ You may initially find that you are salivating a lot. Again as your body gets used to the appliance(s), the salivary flow rate will return to normal.
- ☞ If you were instructed to eat with your appliance(s) in, this will take some practice. Start with softer food and cut it into small pieces. Over time you will learn to eat just as you had before.
- ☞ Brush **and** floss regularly.
- ☞ Use a fluoride mouth rinse. We will provide you with your first bottle. Thereafter it can be purchased at any drugstore. Remember, you may have to ask the pharmacist.
- ☞ Have your teeth cleaned and examined regularly during treatment
- ☞ Although you may experience some tenderness, the appliance(s) need to be comfortable. If a sore spot develops, please call the office so we can adjust the appliance(s).
- ☞ Pre book your following appointment(s) when you leave the office to ensure you are seen as close to the recommended time as possible.
- ☞ Remember to brush your appliance(s) each day when you brush your teeth. In addition, removable appliance(s) should be soaked twice a week in a commercial denture cleaning product of your choice, or my favorite, one tsp of dishwashing crystals in a glass of hot water for 30 minutes. Rinse it well after.
- ☞ If your appliance(s) are worn during eating, remove and rinse them after meals.
- ☞ If you remove your appliance(s) for eating, remember to put them in the case provided and someplace safe. I do not recommend putting them in your lunch bag or wrapping them in a napkin, as this is the most common way appliances are lost.
- ☞ Dogs love appliances and will chew them; this is the second most common way appliances are damaged/destroyed.
- ☞ Insurance is available through the lab where we have the appliance(s) made. Let us know if you wish more information.
- ☞ Lastly, remove your appliance(s) for swimming and any sport where contact is possible.

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