

CARE FOR YOUR ORTHODONTIC APPLIANCE

Great care has been taken in the design and the fabrication of your orthodontic appliance. We want you to have a successful course of treatment, free from complications, so that we can accomplish our goals for you in the shortest possible time. The following information will help you obtain the best results.



Phil Macavity says "Just Floss 'Em"

CLEANING

Rinse off and clean your appliance(s) carefully using a soft scrubbing brush or toothbrush with soap and water. You are well advised to place a little water in the basin before you start so that if you drop the appliance it does not hit a hard surface which can damage it. **Do not use bleach or abrasive cleaning agents.** These chemicals damage the acrylic and cause discoloration.

Three or four times a week you should use effervescent cleansers (such as Efferdent or Polident) there are many products available, and they are all effective. Leave the dental work soaking for at least 20 minutes or even overnight.

Remove your appliance(s) before eating. Do not chew gum while wearing an orthodontic appliance.

STORAGE

During active therapy, your orthodontic appliance **lives** in your mouth. Whenever your dental work is not in your mouth it should be kept in water. The acrylic is processed with moisture, and if it is allowed to dry out it may distort.

REPAIRS

Please do not adjust your dental work yourself. You are more than likely to do it the wrong way, and may harm yourself or damage the device. Call my office if you have a problem or any questions. Please do not try to repair your appliance. If you have a fracture or crack, or a bent clasp come and see us. **Home made repairs are nearly always mistakes.**

MAINTENANCE

The orthodontic appliance, and the progress of treatment needs to be checked regularly, usually every four weeks, sometimes more frequently. Please see us as directed. A lot of harm can be done by failing to intercept a small irregularity in a timely fashion.

The teeth are constantly moving during orthodontic therapy, and the body is constantly changing and remodeling, when this happens in the mouth the dental work may no longer fit well. Delicate dental work may need to be modified frequently. If dental work does not fit correctly it invariably contributes to a harmful result.

Never leave your appliances in tissue. They get lost that way! Please use the box provided. We want you to be happy with your teeth. Let us help you. - Thank you.

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