

The Clinical Team at Sturbridge Orthodontics wants to welcome you to our practice and offer a few guidelines to make your orthodontic experience more pleasant for you. For approximately three days following the placement of your braces and adjustment appointments you may experience some discomfort. The level of discomfort is usually no more than that of a headache and we recommend that you use Tylenol or Motrin to alleviate.



If a bracket or a band becomes loose call the office. If you are uncomfortable we will get you in on an emergency basis to make you comfortable. If it is not causing you discomfort still let the office know so that we may schedule your next visit accordingly.

If a wire is sticking or poking you in the mouth you can try tucking it in with a pencil eraser or clipping it with clean nail clippers. If the end of the wire has come out of the sheath of the band you may try to replace it with tweezers...this will only work with the flexible wires at the beginning of treatment. If that does not do the trick dry the tooth with a tissue then apply wax to cover the area avoiding further irritation until you can get in to see us. Wax can be used on brackets or hooks that may be bothering you also.

If your mouth feels sore due to irritation rinse with warm salt water or Peroxyl (an over the counter mouth rinse made of hydrogen peroxide and mouthwash) and Tylenol or Advil as needed.

You may not use your front teeth to bite into foods that you would need to tear into such as an apple or toasted grinder. You will need to cut up foods like those and chew them on your back teeth. You will need to stay away from anything "sticky, chewy, gooey, crunchy and hard". For example pretzel sticks, Doritos, Starburst, gum, fruit chew, skittles, nuts, caramel, pizza crust, corn on the cob and popcorn. Avoid habits such as finger nail biting and pen cap chewing. Do not suck on lemons, limes or chew ice.



Proper oral hygiene is extremely important while in braces. You should use a soft bristled toothbrush that is in good condition. Brush at least three times per day. Brush above and below the braces vibrating your toothbrush at a 45 degree angle to get the bristles between the tooth and



the wires. Take your time. We recommend using a fluoride rinse such as Phos Flur nightly. Daily flossing is very important to keep the gum tissue healthy. Floss threaders or Oral B SuperFloss can be helpful to thread the floss under the wire and between the teeth.

There are a few extra steps to be taken to ensure good oral hygiene with your braces but your bright healthy smile will be worth it in the end.

Always follow the instructions given to you by the Clinical Team. Cooperation with appliances and elastics as well as keeping your scheduled appointments enables your treatment to progress in a timely fashion.

Most importantly remember that we are always here for you if you have any questions or concerns. Feel free to call us at (508) 347-7540.

The Clinical Team

Dr. Ferdinand Sabelis

Lori Heller, Tina Johnson, Jodi Scola, Robin Temple

