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YOUR FIRST WEEK WITH BRACES

Please read these instructions carefully following the placement of orthodontic bands and/or brackets to minimize any discomfort that the patient may experience as the first pressures are applied to the teeth.

Relieve tooth tenderness by selecting a pain reliever/anti-inflammatory of your choice. This may be started about two hours after the patient leaves the clinic and may be taken every four hours during the day for two days, if required. Caution to Parents - Never leave medication at the child's bedside.

Wax or Brace Relief applied over the orthodontic appliances softens the feel of the braces against the mouth to ease any irritation, especially as you become accustomed to the braces. The wax is harmless it does not matter if it is swallowed. Rinse your mouth several times daily with a solution of warm salted water (1 teaspoon salt, one glass warm water). This will soothe the soft tissues of the mouth. You may use this as often as desired.

Eat nutritious, soft foods that require minimal chewing effort. See the diet sheet for suggestions of foods to avoid.

Clean teeth and braces after each meal and before bedtime. See the oral hygiene instruction sheet for the proper method.

CARING FOR YOUR ORTHODONTIC APPLIANCES

The following instructions should be carefully read and understood by both patients and parents to insure proper care and maintenance of your orthodontic appliances.

Diet Restrictions:

The most important types of food to avoid are listed below. Please be sure to avoid these in order to avoid extending your treatment time due to broken appliances.

Sticky Foods:Chewing gum of all kinds, licorice, jelly beans, jube jubes, toffee, caramels, gummy bears.

Hard Foods: Nuts, granola bars, hard candy such as cinnamon hearts, ice cubes, pens and pencils, hard rolls such as bagels, outer crust of pizza, hard pits from fruits such as peaches and DO NOT chew meat from bones-remove the meat first. Cut corn from corn on the cob.

Raw Vegetables: apples, carrots, celery-cut up first.

These instructions may be summarized by saying do not put any hard or sticky objects or food into the mouth. When orthodontic brackets or braces receive a blow from anything hard or sticky, they seldom come off immediately. The cement seal that attaches them to the teeth cracks, then gradually crumbles away over a period of time and this will result in the bracket being dislodged from the tooth. **Most breakages are due to diet.**

Orthodontic brackets do not “fall off”. They become dislodged and loosened by lack of attention to the above details. If you experience a loose or broken appliance, please call us at 416 222 5055 to schedule an appointment with Dr. Nargaski so that the necessary time may be set aside to make the required repair.

Terms Used In Appliance Description:

Molar Band-Stainless steel band around the back tooth

Molar Tube-Round tube on the cheek side of the molar band

Bracket-Small, silver or ceramic attachment on each tooth

Arch Wire-Main wire joining all the teeth together

Elastic Ligatures-Small grey or coloured elastic holding the arch wire to each tooth

Elastic Chain-Grey or coloured chain of elastic joining several teeth together

Ligature Wire-Thin silver wire joining several teeth together.

**ORAL HYGIENE FOR ORTHODONTIC PATIENTS-
TOOTHBRUSHING AND YOU**

Proper oral hygiene involving brushing and flossing of the teeth is often the most overlooked and neglected part of your orthodontic treatment. If the brushing of the teeth and massaging of the gum tissue is not maintained appropriately, it will be inevitable that areas of PERMANENT decay and decalcification (soft, white areas on the enamel) will develop around the orthodontic brackets. The gum tissues will also become red and puffy and will bleed spontaneously with contact. If this becomes excessive, it occasionally becomes necessary to recontour the gums surgically. It should be stressed that these decalcification marks are permanent and will be on your teeth for life.

Therefore, the teeth and gums must be brushed IMMEDIATELY after each meal, snack and especially after sweet foods have been eaten. If it is not possible to brush, at least rinse your mouth thoroughly with water.

Decay and decalcification will not be a problem around the brackets if the teeth have been properly cleaned. Orthodontic bands and brackets do retain food and

plaque between the gum line and the bracket it is YOUR responsibility to remove this debris with your brush.

Follow the technique outlined below to properly remove any debris from the danger area near the gums:

- Clean the brackets with a back and forth movement of the brush along the length of the archwire.
- Position the bristles on the tooth between the band/bracket and the gums- rotate in a circular motion -move back and forth.
- Brush the biting surfaces of the teeth in the usual way.
- The insides of the teeth should be brushed with the bristles angled away from the gum line sweeping from the gum toward the biting surface.
- Massage the gums - hold the brush at a 45 degree angle, with the bristles on the gums and sweep away from the gums toward the biting surface of the tooth.
- Brush the tongue and cheeks.
- Use a proxabrush to clean under the archwire and between the teeth.
- Floss once a day, preferably at night when you have more time. A floss threader will make it easier.

Use a brush that has soft bristles - it does not have to be a special "orthodontic" brush, A Proxabrush can also be purchased at your local drugstore with a "cone" shaped tip that will make it easier to clean under the wire as mentioned above. Change your toothbrush every 3 to 4 months.

Regular dental treatment must be maintained at your regular family dentist. This is very important since your Orthodontist (Dr. Nargaski) will not be doing regular check-ups during your treatment. Use a Fluoride toothpaste.

DIET SUGGESTIONS FOR ORTHODONTIC PATIENTS

The following information should be read and understood by both patient and parents so that orthodontic therapy can be completed in the least possible time with the best possible result.

The suggestions made below are very important since they are intended to help eliminate decay and damage to the braces. In order for this to be successful, we would like to eliminate foods with excessive sugars that stick to the teeth or braces and those that are hard or very sticky.

During orthodontic treatment, brushing after eating is most important and therefore, it is advisable to limit eating to mealtimes and before bedtime. It frequent snacks are to be eaten, **the mouth must be rinsed** with water after each snack. For this reason snacks should consist of foods that are less sticky and self-cleansing. The worst kind of "sweets" are soft drinks (Coke, Pepsi etc.) and we ask that you **avoid soft drinks altogether during your orthodontic treatment.**

Preferred Foods:

- Raw vegetables (carrots, celery) cut into small pieces
- Fresh fruit, (apples, pears) cut into pieces - **No pits**
- Milk, soup, unsweetened fruit juices

- Cheese
- Pasta, rice, potatoes
- Meats - do not chew the bones!
- Potato chips thin
- Chocolate bars such as Aero, Jersey Milk – No Nuts!

Foods to Avoid:

- Gum- Bubbleyum, Bubblegum, Trident, Freedent, Sugarless gum
- Toffee - licorice, jellybeans, starbursts
- Caramels - Tootsie Rolls, Snickers, raisins, caramel apples
- Hard Things - ice cubes, pens and pencils, pretzels, hard com chips, tortilla chips, hard bagels, popcorn seeds, granola bars

Should you have a brace come loose or if a wire becomes bent or broken, please telephone the Office immediately so that an appointment can be scheduled for repair. It is most important that you let us know in advance about broken appliances so that sufficient time is set aside when you come to the clinic. If broken appliances are ignored for some time, your treatment time will be extended and there is a risk of damage occurring to the teeth in the form of decalcification. If you have any questions about the information contained here, please feel free to discuss your concerns with Dr. Nargaski.