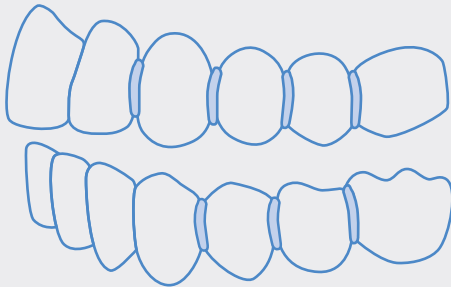


# Separators

Today we have placed separators between your teeth. These small elastics will create the space needed for future bands. You will be able to brush as normal. Please avoid sticky foods.

- ▶ Often times, the separators will fall out. If this happens, you can use floss to simply glide the separator back in. If there is too much space, and the separator continually falls out, it means we have successfully created the space we will need. Periodically try and re-insert the separator up until the day of your next appointment.
- ▶ If a separator comes out 1 day before your appointment and you can't get it to stay in, it is fine to leave it out.



## To replace separators

Thread 2 pieces of dental floss through center of new separator. Holding ends of floss, stretch separator & floss down into place between teeth.

**Note:** If old separator is broken, remove from between teeth before replacing with new one.

# Taking care of your teeth during treatment

Excellent oral hygiene with an orthodontic appliance, like braces or Invisalign® clear aligners, is essential for keeping your teeth and gums healthy. The right toothbrush, toothpaste, and dental floss will make it easier to perform the proper orthodontic care. If you need recommendations on these items, please ask! Kristo Orthodontics can help guide your braces or Invisalign® clear aligners care regimen and help you select the best products for your teeth and appliance.



## Brush your teeth three times a day

Brush your teeth three times per day, for three minutes per session. With braces, angle your toothbrush around each bracket and under the wire. ClinPro 5000 toothpaste should be used every night. You can brush with your preferred toothpaste at other times of the day.



## Floss at least once a day

Flossing is essential for maintaining good oral hygiene and should be performed once each day. When flossing with braces, it is best to use waxed floss with a floss threader, which will slip more easily between each tooth without catching.



## Rinse twice a day

Rinse with Crest ProRinse mouthwash twice a day—once in the morning and once after dinner. Crest ProRinse can be purchased almost anywhere you buy toothpaste.



## Use gum or breath mints with xylitol

Use gum or breath mints containing xylitol four times per day, immediately after meals or snacking, for 5–10 minutes. Consistency is key! We recommend Epic Gum, but any brand can be used as long as xylitol is the first ingredient. Epic Gum is available in multiple flavors at the front desk.

### About xylitol

Xylitol is a natural sugar found in many fruits and vegetables as well as birch trees. It is a healthy, cavity-preventing sweetener that has been used in foods since 1960 and was FDA approved in 1963. Xylitol is acceptable for non-insulin-dependent patients.

### Xylitol prevents cavities, tooth decay, and other common problems

- ▶ Xylitol disrupts the bacteria that feed off of the sugars in the foods we eat. It has been shown to reduce cavities up to 80 percent and helps reverse early cavity formation.
- ▶ It can reduce ear infections by up to 40 percent.
- ▶ Xylitol reduces plaque formation by stimulating saliva, a natural tooth protector, and preventing bacteria from producing acids that stick to the teeth, gums, and tongue.
- ▶ Xylitol can also minimize and prevent unattractive tooth scarring and puffy gums during orthodontic treatment.

**Warning: xylitol can be toxic to dogs.** The American Society for the Prevention of Cruelty to Animals Poison Control Center is warning veterinarians, their staff, and pet owners that xylitol can cause serious and possibly life-threatening problems for dogs. Dogs ingesting large amounts of products sweetened with xylitol may have a sudden drop in blood sugar, resulting in depression, loss of coordination, and seizures, according to Dr. Eric K. Dunayer, a consulting veterinarian in clinical toxicology for the Poison Control Center. The center is most concerned about products in which xylitol is the primary ingredient. These signs can develop quite rapidly, at times less than 30 minutes after ingestion of the product. Therefore, it is important that pet owners seek veterinary treatment immediately.

# Protecting your orthodontic appliance while eating

When taking care of braces or an orthodontic appliance, softer foods are recommended—especially after an appointment when your mouth may be sore. As a general rule, if you have to question whether you can eat something with your appliance, it's better to take it slow or avoid it altogether. Additionally, do not chew on non-food items such as pens, pencils, or fingernails.



## Avoid hard or sticky foods

Sticky foods can get wrapped around your appliances and cause them to break or come loose. Hard foods can break your braces and damage your appliances.

- ▶ Tootsie Rolls®
- ▶ Mike and Ike®
- ▶ Hard breadsticks
- ▶ Caramels
- ▶ Hard candies
- ▶ Popcorn kernels (fully popped is fine)
- ▶ Starburst®
- ▶ Ice cubes
- ▶ Now and Later®
- ▶ Beef jerky
- ▶ Skittles®
- ▶ Hard granola bars
- ▶ Taffy
- ▶ Suckers/lollipops



## Enjoy soft, orthodontic-friendly foods

Many of your favorite soft foods and drinks are perfectly safe with braces or appliances.

- ▶ Water
- ▶ Milk
- ▶ Crystal Light®
- ▶ Gatorade G2®
- ▶ Propel®
- ▶ Yogurt
- ▶ Pudding
- ▶ Bananas
- ▶ Grapes
- ▶ Oranges
- ▶ Fruits without pits
- ▶ Crackers
- ▶ Cheese
- ▶ Mashed potatoes
- ▶ Peanut butter and jelly sandwiches
- ▶ Pasta including ravioli, spaghetti, and macaroni



## Avoid high-sugar and high-acidity drinks

High-sugar and high-acidity drinks, when mixed with saliva, create plaque—a sticky film that coats the teeth and is difficult to remove completely, even with brushing.

- ▶ Soft drinks
- ▶ Diet soft drinks
- ▶ Powerade®
- ▶ Gatorade®
- ▶ Energy drinks
- ▶ High-sugar fruit juices



## Cut food into smaller pieces

Some foods are fine to enjoy, as long as they are cut into smaller pieces which won't damage your braces or appliance.

- ▶ Apples
- ▶ Bagels
- ▶ Carrots
- ▶ Chips
- ▶ Celery
- ▶ Taco shells
- ▶ Pizza and pizza crust

# Orthodontic repairs and emergencies

## Orthodontic repair

Most orthodontic repairs can wait to be handled at your next regularly scheduled appointment. If any of the following happen, follow the repair instructions below and call our office on the next weekday. The receptionist will let you know if it is an immediate concern that should be addressed or if it can wait until your next regular appointment.

- ▶ Loose bands or brackets
- ▶ Broken archwire
- ▶ Missing or loose elastic ligatures
- ▶ Broken or lost appliances
- ▶ Poking wires

## Orthodontic emergency

Luckily, true orthodontic emergencies are rare, but they are something that patients may encounter during treatment. Severe concerns may require emergency care and shouldn't wait. Schedule an emergency orthodontist appointment by calling our office during business hours or the appropriate emergency number for the location near you if you experience one of the following:

- ▶ An injury to your mouth, face, or teeth
- ▶ Significant pain in your gums, mouth, or face

## How to handle common issues with braces

### Loose bands or brackets

Try to remove the loose band or bracket with finger pressure. You may have to remove the tie wire or elastic ligatures first. (Use a finger nail clipper for this.) Brush well around the area. Save your band or bracket and bring them to your next appointment.

### Poking or broken archwires

Temporarily fix a loose wire by using the back of a spoon or the eraser end of a pencil to carefully push the wire back into place. If the loose wire is broken or causing irritation to your lips or cheeks, place some wax or a piece of sugar-free gum over the wire.

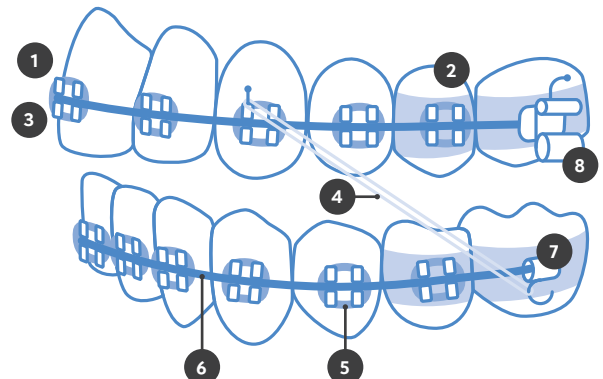
### Broken or lost appliances

If you lose an appliance, call us for an appointment. Contact the office if the retainer or appliance is broken and the office will advise of next steps. It's okay to continue to wear your appliance if it is only cracked (not broken).

## Your orthodontic appliance

Use this diagram as a guide to help us understand any issues you may be experiencing.

- 1 Direct bonding**  
The bracket is bonded directly to the tooth surface.
- 2 Band**  
Thin metal ring attaching the bracket to the tooth.
- 3 Bracket**  
Small attachment holding the archwire in place.
- 4 Elastics**  
Rubber bands connecting two brackets to move the teeth.
- 5 Tie wires/elastic ligatures**  
Fine wires or rubber bands used with Edgewise brackets that hold the archwire to the brackets. Begg brackets use pins instead of wire.
- 6 Archwire**  
The main wire that acts like a track which teeth are guided along.
- 7 Buccal tube**  
Holds the end of the archwire safely in place.
- 8 Headgear tube**  
Holds the inner bow of headgear.



# Instructions for orthodontic appliances

Properly taking care of your appliance throughout orthodontic treatment is vital for a healthy smile. If you don't find the answer you're looking for in these instructions, please check in with us—we'll be happy to answer specific questions about caring for your orthodontic appliances.

**If your appliance breaks or you have concerns with it, call the office during regular business hours. In case of a true emergency after hours, call our office to be directed to the emergency line.**

## ○ Orthodontic wax

Your lips, cheeks, and tongue may become irritated. They will gradually toughen up, but, if needed, use wax or sugar-free gum to lessen the tenderness.

- ▶ Take a small piece from the container and roll it into a ball and just push it onto the sharp spot.
- ▶ Make sure to take the wax or gum out before you brush or eat. If you accidentally swallow some, it will not hurt you.
- ▶ Orthodontic wax and sugar free gum is available at our office or local stores such as Walmart® or Walgreens. Wax can be mailed to you from our office by request.

## ○ Headgear or Tandem Appliance

If headgear or a tandem appliance is worn with braces, it encourages the teeth to move back and properly align.

- ▶ Your headgear or tandem appliance should be worn 10 to 12 hours a day.
- ▶ At your next appointment, you will then be advised on how to continue to wear your headgear or tandem appliance. Make sure to bring your headgear or tandem appliance to every appointment.
- ▶ Your headgear or tandem appliance will make your teeth sore the first couple of days. Advil® or Tylenol® will help. If you are faithful with the headgear or tandem appliance and wear it for the recommended hours per day, pain will go away after 3–4 consecutive days of wearing.

## ○ Expander

An expander widens your upper and/or lower palates to create space between your two front teeth. This space will close as treatment progresses. During your appointment, we will provide instructions on turning the expander.

- ▶ When brushing, it's important to make sure you brush the expander, expander bars, and the area around it.
- ▶ If you experience any inflammation or irritation around the expander, brush and massage the tissue. Alternate a warm salt water rinse with Peroxyl rinse 2–6 times a day until you are feeling better. If the problem persists, please call our office.
- ▶ When flossing, tie floss to a threader and use the threader to get floss under the expander to clean out food and residue. We will also provide you with proxy brushes to help keep the expander clean and tissue healthy.

# Instructions for your Herbst<sup>®</sup> appliance

**Congratulations!** You have started an important stage in your orthodontic treatment. This is the best time to correct the discrepancy with your bite.

The Herbst appliance reduces an overbite by encouraging the lower jaw forward and the upper molars backward. By stimulating your lower jaw to grow at a more rapid pace, the appliance allows it to “catch up” with your upper jaw to prevent future problems. The Herbst appliance will remain in your mouth for about 12 months, or if you are an adult, 12–14 months. We are thrilled by the dramatic difference the Herbst appliance will make in the long-term quality of your life and smile!

## What to expect in the first two weeks

- ▶ Your teeth will not “fit” together and will be sore for 7–14 days.
- ▶ You can use sugar-free gum on any areas that are causing irritation to your cheek or lip area. Chew a piece of sugar-free (xylitol) gum; break off a small piece, depending on the size of the area you will be placing it on, rub it between your fingers, and then place it over the bothersome area.
- ▶ You will need to eat soft foods for 10–14 days.
- ▶ The assistant will place small adjusters on your sidebars. The adjusters will slide up and down on the sidebars which is normal.

## What to expect in the first year

- ▶ Your Herbst appliance will be checked every 8–12 weeks. Periodic adjustments may be made.
- ▶ Your Herbst appliance will be over-corrected and cause an under-bite (bottom teeth move in front of upper teeth) to allow for some relaxation of muscle structure after it is removed. This may happen as soon as the first Herbst adjustment appointment.
- ▶ Braces are required during and after the Herbst placement to align your teeth and bite.



## Taking care of your teeth during treatment

Excellent oral hygiene with your Herbst appliance is essential for keeping your teeth and gums healthy. If you need recommendations or have further questions, Kristo Orthodontics can help guide your care regimen and help you select the best products for your teeth and appliance.

- ▶ Brush your teeth, gums, and Herbst sidebars after every meal and at bedtime with a soft-bristled toothbrush.  
*Make sure you spend enough time in each area to remove all the plaque and to massage your gums. If your gums get red or puffy and bleed, massage them with a toothbrush and rinse with an antiseptic oral cleanser such as Peroxyl (Colgate) and saltwater rinses.*
- ▶ Floss at least once a day.
- ▶ Rinse with Crest ProRinse<sup>®</sup> mouthwash twice a day—once in the morning and once after dinner. Crest ProRinse can be purchased almost anywhere you buy toothpaste.
- ▶ If any part of your Herbst appliance comes loose, call our office. Save the loose pieces and bring them with you to your appointment.



## Protecting your orthodontic appliance while eating

When taking care of your Herbst appliance, softer foods are recommended—especially after an appointment when your mouth may be sore. As a general rule, if you have to question whether you can eat something with your appliance, it's better to take it slow or avoid it altogether.

- ▶ Avoid eating hard, chewy, or sticky food items such as Tootsie Rolls<sup>®</sup>, caramels, Starburst<sup>®</sup>, Skittles<sup>®</sup>, ice cubes, beef jerky, hard granola bars, suckers/lollipops, and popcorn kernels (fully popped is fine).
- ▶ Do not chew on non-food items such as pens, pencils, or fingernails.
- ▶ Some foods, such as bagels or pizza crust, are fine to enjoy as long as they are cut into smaller pieces which won't damage your appliance. For example, slice your apple and break up tacos or nachos into bite-sized pieces before eating, etc.