

# HINTS :

KNOW  
THE  
APPLIANCE .



YOUR CHILD'S  
FIRST DAY IN  
ORTHODONTIC  
TREATMENT  
AND  
HOW TO HANDLE  
MINOR ORTHODONTIC  
EMERGENCIES

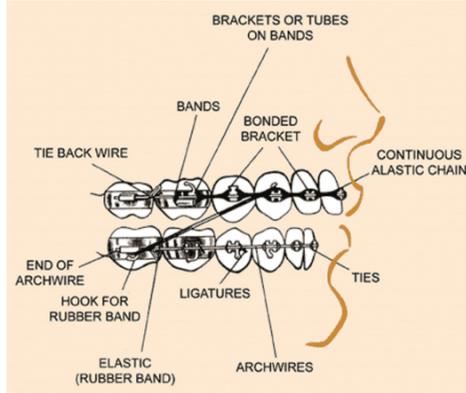
Now that your child has entered orthodontic treatment, here are a few hints to help get through the first several days with a minimum of discomfort.

### GENERAL SORENESS

Your child may complain of a general soreness in the mouth. This condition can be relieved by rinsing the mouth with warm salt-water solution (one teaspoon of table salt in a glass of warm water) before and after each meal. Call the clinic if the tenderness is severe. Soreness should end by the third or fourth day.

### IRRITATING WIRE

Never let your child play with his appliances. If a wire protrudes and is irritating, take a blunt instrument (back of a spoon or eraser end of a pencil) and carefully tuck the irritating wire under the archwire to get it out of the way. If irritation to the lips or mouth continues, place wax or wet cotton on the wire to reduce the annoyance and call the clinic for an appointment.



**Orthocare**   
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# PATIENT

The patient has important responsibilities :

- **BRUSH YOUR TEETH!** You must brush your teeth and gums each time after eating (includes snacks). Using the method we have shown you, brush for at least 3 minutes each time. It is very important that you do it right. Your treatment time will be prolonged if you do not keep your mouth clean - plus, your gums might swell or bleed.
- Be sure to keep your appointments and to be on time. Cancel only if is an emergency. And, if you can't keep your appointment, call the office as soon as possible. It is difficult to reschedule you since most appointments are made 3 to 6 weeks apart. We don't want you to lose any treatment time, so please cooperate.
- Picking at or playing with your appliances could damage them and this would require extra office visits as well as discomfort to you.

- Watch the foods you eat! Foods that damage your appliances are **HARD FOODS** (like raw vegetables - unless they are cut into small pieces), **STICKY FOODS**. Please follow our specific instructions, but the best rule is not to eat anything about which you have a doubt. This way, chances are that no harm will be done.
- Elastics and springs provide the force that moves teeth to new positions. If they are not worn exactly as you have been instructed, the teeth won't move as planned. They may even slip back to their old position! Don't run out of elastics. Call us when you are getting low. We'll have you pick them up. Please remember to order the right colour.
- Keep smiling! Be proud of your appliances. They will give you a healthier mouth & a better smile.

# PARENT

As the parents of an orthodontic patient, your responsibility is **SUPERVISION**.

- Please make sure your child understands and follows our instructions. Call us if you have any questions.
- Check daily to make sure your child brushes carefully and regularly.
- Watch the foods your child eats.
- Call us promptly if an appliance breaks or a band loosens. We will either make an emergency appointment or instruct you on how to handle the problem.
- Be sure appointments are kept and kept on time. Cancel only for real emergencies because rescheduling is difficult and might affect treatment.
- Be positive in your approach to treatment. Your child will cooperate with your support. When the appliances are removed, you'll be proud of the lifetime benefit you have provided for your child.