



## Fixed Appliance Care

We are glad to be working with you to create a great smile! We need your cooperation to make your treatment as pleasant as possible. The following instructions should help you care for your appliance and your oral health while undergoing orthodontic treatment:

### Initial Soreness:



Ibuprofen, or what you would normally take for headache pain, may be taken as needed for discomfort. It is best to keep ahead of the pain by taking the medication early and for 2-3 days after appliance placement and major adjustments.



Wax may be used to cover brackets, bands, wires, or any sharp areas. A pea-sized ball pressed onto the area will relieve the sharpness. Remove the wax before brushing and if you find it helpful to keep it on while eating, try not to swallow it! Unusually sharp spots may require adjustments at our office.



A mouth rinse of 1 tsp. Salt to 1 cup warm water may be used to help heal cuts or scrapes in your mouth.

### Conscientious Oral Health:



Floss daily. Use a floss threader or super floss. Use the Proxy brush to clean under the wire and between the teeth.



Brush teeth at least twice a day with a SOFT bristle brush or an electric toothbrush. You will need to angle the bristles to remove all the plaque from the teeth, brackets, and under the wires. Often times it is necessary to pull your lips and cheeks back (especially the lower) to get at

the area between the gums and braces. Check your teeth when finished brushing. Your braces and wires should shine. Gums should be pink and firm. If they are not, you haven't brushed adequately.



After your evening brushing and flossing, rinse with a half a cap full (1tsp) of the fluoride rinse. Swish in mouth for 60 seconds and spit it out. (**DO NOT SWALLOW**). Bedtime is a good time to do this so the fluoride can work while you are sleeping.

### Signs Of Improper Oral Hygiene:



Red, puffy gum tissue that bleeds easily during brushing or flossing. This doesn't mean to stop brushing and flossing! When the gums heal up the bleeding will stop!



Presence of plaque (sticky film on braces and teeth.)



Bad breathe.



Decalcification (White marks on the teeth)



All these problems are preventable with good oral hygiene.

### Breakage Instructions:



Check your braces daily for any loose or broken bands, brackets, or wires and call the office if you need a repair appointment.



Breakage can cause undesirable tooth movement that will prolong treatment time so please be careful. Damage to the teeth and soft tissue is also possible if broken appliances are not repaired.



Wax may be used to cover anything sharp or to hold things in place until you can get into the office to get them fixed.

### Mouth and lip guards



We offer generic mouth guards for active sports. Please let us know if you need one.



We offer smooth lip guards for patients who play certain musical instruments or are in "Cheering," Gymnastics, and Poms.

### Modified Eating Habits:



Please do not chew anything **HARD**, such as ice cubes, hard candy, pens or pencils, fingernails.



Please do not chew anything **STICKY**, such as taffy, caramel, gummy bears, bubble gum etc. (Sugarless chewing gum is ok and even encouraged.)



Please do not bite into anything tough with your front teeth, such as apples, corn on the cob, bagels, and meat that is on a bone. (Cut these items into small pieces that you can eat with a fork)



Please limit amounts of carbonated drinks such as soda, flavored waters, sports drinks, or acidic drinks. If you do drink these drinks, try to drink them with a meal and always remember to brush or at least rinse with water afterwards.

Nothing **CRUNCHY**, **STICKY**, **HARD**, or **CHEWY!!** These loosen brackets. This could lengthen treatment time, so it's up to you!!

## Appointment Policy

As much as we would like to accommodate those of you who desire to schedule all appointments after school, we find this to be impossible some of the time because the majority of our patients are in school. The limited time available between 2:45PM – 4:30PM, simply doesn't allow us to see all of you who would prefer after school appointments. For these reasons we have tried to devise a plan designed to be as fair as possible to every patient, and at the same time maximize the number of after school appointments.

We extend our apology for any inconvenience this policy may cause, but it is our sincere belief that this is the only way to handle this difficult problem. Thank you for your understanding.



To maximize the number of after school appointments, only short adjustments and observation visits will be scheduled after 3:00PM



All appointments requiring extra time will be scheduled in the morning at 8:00AM until around 2:00pm.



Please call the office if you have any loose bands, brackets, or broken arch wires so that extra time can be reserved during the earlier part of the day to repair the appliance.

## IMPORTANCE OF REGULAR DENTAL CHECK UPS

Orthodontic treatment should be a cooperative effort between the orthodontist, the patient, and the family dentist. Although we will advise you of any obvious dental decay, we do not give our patients a dental examination for decay or gum problems, take special cavity detecting x-rays, or give regular cleaning and fluoride treatments. These services are the responsibility of your regular dentist, and we expect all patients to maintain their regular office visits with their dentist. To facilitate these visits, patients in "braces" may come in to our office before going to the dentist to have the wires removed and replaced after their cleaning. Please CALL us so we may coordinate these wires out/wires in visits with your scheduled visit date and your dental check up.





## **A Checklist Before Leaving our Office**

There are routine steps that we ask you to take prior to leaving the office. These steps will minimize discomfort related to irritation from the braces and ensure an optimal response to treatment. Please make these steps a part of each office visit prior to leaving:

- ✓ Using your finger and tongue, check that wire ends do not extend into areas that could poke or abrade the tongue or cheek.
- ✓ Make sure you understand what you are to do until your next appointment. This could include wearing headgear or elastic rubber bands as instructed, activating an expander or following specific hygiene or diet instructions.
- ✓ Make sure you have an adequate supply of orthodontic wax, special cleaning aids, rubber bands or other related materials you may need between appointments.
- ✓ Always schedule your next appointment before leaving the office. Waiting 1-2 weeks after an appointment to schedule your next office visit complicates the scheduling process. Waiting too long often means we will not have the appointment time you would like. Postponing appointments is a common contributor to extending treatment.
- ✓ Make sure that your questions about treatment are answered. Treatment goes better when everyone understands the treatment process. We encourage parents to accompany their children to their appointments, allowing us the opportunity to update you on treatment process

Parents should always feel free to come back to the clinical area if you have any questions about your child's progress. Questions such as: "How much longer will my child be in braces?" will be much easier to answer if you are present when the doctor is checking your child's braces.



# CENTURY ORTHODONTICS

OUR THIRD CENTURY OF ORTHODONTIC EXCELLENCE

DR. JEFFREY CAVANAUGH

MANCHESTER, CLAYTON, & WILDWOOD - 636-391-0499 - [www.centuryorthodontics.com](http://www.centuryorthodontics.com)

## SUPERWIRE

**T**he arch wire(s) we placed in your mouth today are made from the latest, high tech materials (special alloys of nickel and titanium). Unlike the traditional stainless steel wires, which are used later in treatment, these new "**Super**" wires have an extreme amount of flexibility and a much gentler force level to move the teeth. What is most unusual and special about them is their response to temperature changes. When the wire is cooled down below mouth temperature (cold water) the wire becomes so soft that it feels like cooked spaghetti. This eliminates the need to tighten the braces as a cold wire can be displaced, with almost zero force, into a severely maligned tooth. Conversely when heated up slightly (coffee, tea, warm water; soup) the wire develops stiffness, moving the teeth rapidly, but almost painlessly into position.

To take advantage of this breakthrough in orthodontic technology we recommend that you swish your mouth with cold water the first few days if the teeth feel too sore from the pressure of the wire. When the major discomfort passes then you can activate the wire and quicken your treatment by holding any warm liquid in your mouth for a short time.

An additional advantage of these wires is their long-term shape memory and range of activation. This means that the wire can actively move the teeth for months at a time without readjustment, allowing us to extend the interval between appointments to 6, 8 or even 10 weeks!

# Century Points

*Here are the Simple ways to earn points:*

- Good Brushing
- Wear your shirt to your appointments
- Nothing loose or broken at scheduled appointment
- Picking our colors of the month
- Taking a selfie with your assistant/doctor and posting it on social media & tagging us
- Decorating your shirt!
- Take a picture wearing our shirt in public or on vacation
- Wearing your elastics when you come in to your appointment

Trade in your points at removal!!



Download our App  
right from your  
app store!

See your appointments  
(Anytime you'd like)  
Send us messages  
Set-up reminders  
Sign in  
See patient photos and xrays  
Check your financial balance  
See patient rewards  
rewards for referring friends  
and family



**Get 3 Century points  
for showing us  
you've downloaded  
the app today!**

Ask an assistant to text you  
a link to your patient's  
account for easier login.



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