

Post-Operative Instructions Orthodontic Patients

General Soreness

When you get your braces on, you may feel general soreness in your mouth, and your teeth may be tender to biting pressures for approximately three to five days. Rinsing your mouth with warm salt water (1/2 tsp. salt to 8 oz. of luke-warm water) can relieve the soreness, as the wires we place are thermal activated. If the tenderness is severe, take a NSAID; 2 Advil Ibuprofen OR 2 Tylenal Acetaminophen. The lips, cheeks and tongue may also become irritated for one to two weeks as they toughen and become accustomed to the rougher surface of the braces. You can put wax on the braces to lessen this. We'll show you how!

Loosening of Teeth

This is to be expected throughout treatment. Don't worry! It's normal. Teeth must loosen before they can be moved. The teeth will tighten in their new, corrected position.

Brushing

It's more important than ever to brush and floss regularly when you have braces, so the teeth and gums are healthy after orthodontic treatment. Patients who do not keep their teeth clean may require more frequent visits to the dentist for professional cleaning. Adults who have a history of gum disease should also see a periodontist during orthodontic treatment.

Flossing

Flossing with braces takes a few minutes to master, but the effort is well worth it.

There are 2 ways to floss –

- 1) use a floss called Superfloss.
- 2) use regular floss with floss threaders.

They can be found in the dental aisle of most supermarkets and drug stores.

Please do not hesitate to contact our office if you have any questions or concerns.