

Braces Owner's Manual

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Broken braces mean extra inconvenient repair appointments and longer treatment time in braces.

Be Very Careful With The Following

- Fritos, Doritos or any chip snacks
- Hard bread rolls
- Pizza crust
- Pretzels (hard or soft)
- Hard French fries
- Hard toast
- Popcorn



Do Not Bite Into

- Hard candy
- Lollipops / Candy Canes
- Popsicles or other frozen foods
- Large hard raw fruits and vegetables (like apples and carrots) - cut them up first!
- Chewing on ice is a definite No-No



Avoid

- Sunflower seeds
- Nuts
- Jerky
- Taffy
- Caramels
- Licorice
- Peanut brittle
- Candied apples
- Any chewy candy
- Bubble gum*
- Any other sticky, chewy or hard foods



Note: Unless the packaging says that it will not stick to dental work, avoid gum. Chewing gum wraps around brackets and wires and can cause damage to your orthodontic appliances and your teeth.*
 *Please ask your orthodontic assistant if you have a question about a specific food.

EXPECTATIONS OF ORTHODONTIC TREATMENT

Orthodontic therapy uses appliances to move the teeth with gentle pressure. When braces are placed, or when adjustments are made, your teeth and gums may feel tender initially. The amount of discomfort varies from patient to patient, but usually does not last for more than 2-3 days.

GENERAL SORENESS: There might be a general soreness in the mouth, rinsing with a warm salt-water can relieve this. Dissolve one teaspoon of salt in 8 ounces of warm water, and rinse your mouth vigorously. If the tenderness is severe, take Aspirin, Tylenol or any OTC pain reliever.

LOOSENING OF TEETH: This is to be expected throughout treatment. It's normal so don't be upset. The teeth will again become rigidly fixed in their new positions. Teeth must loosen first so they can be moved.

COOPERATION: Success of treatment depends upon cooperation between you and the doctor and staff. Wear the appliances as directed, avoid the foods that can be damaging and handle emergencies promptly. Always be conscientious and responsible toward your treatment. Quick, successful results depend on you, too. It's very important that you keep your teeth, gums and appliances clean.

PROTECTION: If you participate in sports such as football, basketball, soccer, hockey, baseball, wrestling, or others where the teeth may be bumped or injured, a mouthguard should be worn. You may purchase one at our office to fit over your teeth and braces. If purchased at a sporting goods store, simply DO NOT boil the mouthguard. Additionally, for wind instrument players or no contact sports, we recommend orthodontic Comfort Covers that provide a thin covering for the brackets only.

EATING: Be careful to protect the orthodontic appliance when you eat. Faithfully follow our instructions on foods to avoid. For the first day or so, soft foods will be more appropriate. Avoid tough meats, hard breads, raw vegetables, and hard/sticky/chewy candies. We encourage patients to quit bad habits, such as fingernail biting, pencil and pen chewing and chewing on foreign objects. All of these activities can break or damage your braces. It's important to regularly check your braces for bent or loose wires and brackets. If you have a loose/broken wire or bracket, please call our office immediately to schedule a repair appointment.

We are excited for you to start treatment with us! One of the most exciting parts about treatment with us is our [Patient VIP Rewards Program](#). When you start treatment you will receive a rewards card. You will need to bring your card with you to each appointment and give it to the Orthodontic Assistant working on you.

You can receive points for various things, including (but not limited to):

- *Excellent oral hygiene
- *Being on time for your appointments
- *Brushing your teeth after you sign in
- *Wearing your Aloha T-Shirt (which you will also get on the day you start treatment)
- *Bringing a canned good for our Food Drive (all year 'round)



If you lose or destroy your rewards card you will be responsible for replacing it. There will be a ten point deduction for us having to replace your card.

Earning Additional Points

Each month we have an in-office promotion and/or game. The most common one is our Estimation Station (located in the lobby). You can get points for participating in these contests. You can also login to the rewards hub to play our monthly game/puzzle to earn additional points.

Redeeming Points

After earning at least **100 points** you will be able to redeem them for a gift card(s). Some of the retailers you can choose from include (but are not limited to):



When you receive your rewards card you will be given specific instructions on how to login. If you have further questions, feel free to ask!

KNOW THE APPLIANCE



EMERGENCIES

EMERGENCY APPOINTMENTS: Even though you are careful, you may accidentally do some damage to your appliances. As a general rule, an emergency appointment may be made when there is severe pain, a loose band, a broken wire, or something poking. If you need to schedule an emergency appointment call the office at 804.746.7720. It will help (when you call the office) to be able to identify what part is broken, poking or out of place. To identify the parts, please refer to the diagram above. If any piece comes off, please bring it with you to your appointment you may use wax or cotton to temporarily relieve pain from a pokey wire. We may need to schedule additional time to repair any broken appliances.

If you have an **EMERGENCY** during non-business hours, Dr. Regimbal can be contacted directly at: 804-240-2414.

BIG PROTECTION

Pro-form's custom fit mouthguards give athletes the competitive edge and comfort when it's needed the most. The Pro-form mouthguard laminate fits snugly around the teeth and mouth to allow the athlete to breathe and talk freely. Pro-form helps athletes of all levels stay protected and compete at their best. A Pro-form custom mouthguard lessens a blow to the face that would otherwise result in an injury to the mouth or jaw.

HOW IT WORKS

A dentist can help create the perfect custom-made Pro-form mouthguard. After taking an impression of the athlete's mouth, the mouthguard is vacuumed sealed around the impression to ensure a snug fit. The mouthguard laminate is dual-layered for ultimate comfort and maximum absorption of potential impact.

WHY IT'S BETTER

Store-bought, boil-and-bite mouthguards provide some protection at low cost, but they are usually uncomfortable, ill fitting, and inhibit talking or breathing. Over time, the mouthguard will lose form and offer less protection. Pro-form mouthguards stay in place and have a consistent thickness and protection all throughout the piece.



- **OXYGEN INTAKE** for maximum performance and endurance
- **SPEECH** for clear communication on the field
- **COMFORT** natural and secure fit that won't hurt sensitive gums
- **PROTECTION** dual laminated for maximum protection
- **PROFESSIONAL FIT** made for a perfect fit to any mouth size
- **STYLE** cool colors with optional break-off strap

PROTECTION FOR THOSE THAT NEED IT MOST

Pro-form even has thinner mouthguard material for younger athletes. Or get Extra-Pro Laminates, which are triple-layered to provide more protection and extra bulk for very high-impact sports such as Boxing or MMA.

Flossing & Brushing



Brushing Instructions

Brushing Your Teeth: Starting with the left or right side. Work along the gum line. Angle toothbrush along the gum line and go in a tiny circular motion. Massage gums by stroking from gum to tooth (5 times for each tooth). Stroke down for upper teeth and up for lower teeth. Brush occlusal surfaces (flat side / biting surface) of teeth. Brush lingual surfaces (inside surfaces) of teeth.

Brushing Your Braces: Angle your toothbrush down and brush the top part of the braces and then up to brush the bottom part of the braces. Then brush over the braces. Do the same for both top and bottom braces.

Floss Threaders: Floss threaders are used to thread the floss under the wire so that you can floss. Set up all six threaders with floss and then tie the floss at the end of the threader so that it doesn't come off. Do not tie the floss right up against the threader. Leave some space so that it is easy to cut off. At the end of the week, cut off the floss from the threader and set up for the following week. Place the threader under the wire and start flossing.

Wax: Wax is used to provide temporary relief from a pokey wire, irritation to the lip or cheek by brackets or bands or irritation due to a canker sore. Take a small piece of wax and place it over the bracket or wire that is irritating you. If you have any questions please call the office at your earliest convenience to set up a short emergency appointment.

Proxy Brush: A proxy brush is used to brush the surface of the teeth that is missed with a regular toothbrush. It brushes under the wire and the sides of the brackets. Do not force the proxy brush under the wire if it does not fit because this could cause the bracket to brake.