



BAND/BOND APPOINTMENT

Congratulations, you got your braces today! You've just taken a major step toward a straighter, and we hope for a brighter smile. You are probably curious about the way your braces work and we hope to answer many of your questions with this information. Please read it carefully.

ABOUT BRACES

Components or parts:

Brackets- secured or "bonded" to each tooth

Band or rings- "cemented" around teeth

Wires-come in different sizes and strengths

Elastics- hold the wires in place

COMFORT CARE:

Orthodontic wax- help ease minor temporary irritations

Poking wires- push it out of the way with the eraser on the end of a pencil or a spoon handle

Tylenol for pain if needed

ABOUT ORAL HYGIENE

Brushing- every after meal

Flossing- at least 1x/day

Proxy brush- every after meal

Fluoride rinse- follow instructions on the package

ABOUT FOOD

Recommended: Soft, nutritious foods: pasta, soup, yogurt, eggs or rice

Foods to avoid: Sticky: chewing gum, caramels, jujubes, gummy bears

Hard: nuts, peanut brittle and ice cubes

Foods to be eaten with care: Apples, carrots, pizza, corn, meat

Diet restriction: Cakes, doughnuts, chocolate, soft drinks, ice cream, jams and syrup

HELPFUL TIPS:

Avoid playing with your braces with your tongue or fingers

Wear a mouthguard if you participate in any contact sports

Avoid biting your fingernails or chewing on your pen or pencil

ABOUT APPOINTMENTS

- Arranged every 4-6 weeks
- School excusal cards can be provided
- Arrive on time or even a few minutes early s
- Frequently changed or missed appointments or late arrivals prolongs your treatment.
- Please call our office if you will be late so that we can inform you if we will still be able to see you or if your appointment will need to be rescheduled
- Check your braces carefully each day

If you have a problem with your braces during non-office hours and you require immediate attention, you may wish to contact your family dentist, emergency clinic or your hospital. Please bear in mind that you may be charged for these emergency appointments.

If you have any questions, please send an email to info@mybraceland.com

Dr. Bhavna Sharma Dentistry Professional Corporation
3420 Ave. E., Suite 403, Scarborough, Ontario MIW 2R6 Tel: 416-497-2122 Fax: 416-497-3061