

Deborah B. Sappington, D.D.S., M.S.D.
and
Michael J. Aguirre, D.D.S.



Haile Village Center Office:
9161 S.W. 49th Place
Gainesville, Florida 32608
(352) 378-2545

Pine Grove Office:
4031 N.W. 43rd Street
Gainesville, Florida 32606
(352) 376-7846

INSTRUCTIONS FOLLOWING THE PLACEMENT OF ORTHODONTIC APPLIANCES

•Please see our website, www.gainesvilleortho.com, where you will find information on dealing with emergency situations which may help you avoid a special trip to the office.

•**Soreness Recommendations:**

Soreness may occur for the first few days after appliance placement and after some adjustments. The following will help:

- (1) Ibuprofen (Advil, Motrin, Nuprin), 1-2 tablets taken every 6 hours for a day or two.
- (2) Warm salt water rinses (one teaspoon of salt in a glass of warm water).
- (3) Soft diet.

•**Chewing with Braces:**

- (1) Chewing any food or candy that is sticky, hard or chewy should be avoided.
- (2) Biting on pencils, pen tops, ice cubes, or any hard object should be avoided.
- (3) Eating the following foods requires cutting into small pieces:

**CELERY
RAW CARROTS**

**POPCORN or CORN CHIPS
PIZZA CRUST**

**CORN ON THE COB
RIBS**

**HARD FRUITS
NUTS**

•**Your Responsibilities:**

- (1) Oral hygiene – Brushing should be done after eating any food or snack. The presence of orthodontic appliances creates extra surfaces, making cleaning more time consuming, and more important. Inadequate brushing will result in dental disease (cavities and gum disease) and will extend treatment time.
- (2) Flossing – Daily flossing is recommended.
- (3) Healthy diet – Sugar intake is directly related to the incidence of cavities. Sugary foods and drinks, and candy should be avoided as much as possible.
- (4) Appointments – Regular appointments are extremely important for steady progress. If for any reason an appointment cannot be kept, please notify us at least 24 hours in advance. Broken appointments will have to be rescheduled during school or work hours.
- (5) Routine dental appointments – Cleanings and examinations should be done on a regular basis by your dentist. Please let us know when cleanings are scheduled, at least a month in advance, so that we can coordinate our monthly appointment with wire removal for the cleaning.
- (6) Appliance breakage – In case of breakage, save the pieces and call promptly for an appointment. Broken appliances may have to be repaired during school or work hours.

If you have any questions, please feel free to ask us or you may find the information you require on our website, www.gainesvilleortho.com. We are anxious for a successful result and a pleasant association.