



Instructions Following Orthodontic Treatment

1. Following the first appointment, there may be tenderness around your gums and slight sensitivity with initial teeth movement. You may use wax to prevent and protect sore spots that may develop on the sides of the mouth. Over the counter pain medication can be taken to help alleviate tenderness.
2. We would highly recommend an **Electric Toothbrush** for superior cleaning results. We will be happy to assist you in your product selection.
3. Be sure to brush and floss in the morning, before bedtime, and after every meal. If brushing is not a possibility, we recommend rinsing vigorously with mouth rinse or water after meals, especially before putting aligners or retainers back in your mouth.
4. We recommend using the Oxyfresh toothpaste, with fluoride along with the Oxyfresh mouth rinse to protect your teeth. You may purchase this within our office or online at www.oxyfresh.com.
5. Avoid sticky foods, such as taffy, caramel, and dried fruits. Hard candy or mints that stay in your mouth for a long time may also cause the accumulation of plaque and displace brackets. Crunchy foods, such as popcorn, corn chips, and nuts may also be damaging. Finally, be sure to cut hard foods, such as apples and carrots, into bite size pieces.
6. With traditional orthodontics, you may experience wires interfering with your cheek during different phases of treatment. We will make every attempt to prevent this from happening, and if you should need us to trim a wire prior to your next scheduled visit, please feel free to call us.

Congratulations! You are on your way to receiving a dazzling smile. We are pleased that you are as committed to high quality dentistry as we are and it is our privilege to provide this service for you. Please call us at 860-828-3933 if you have any questions. At Advanced Dental we're known for our smiles!