



My Orthodontist

CHANGING PEOPLE'S LIVES, ONE SMILE AT A TIME



Ron Saffar, DDS • Orthodontist

First Days In Braces

The adhesive used for attaching the braces to your teeth will take 2 hours to cure initially... but takes 24 hours to reach it's maximum strength. You should avoid eating solid food for 2 hours after leaving our office. Following this period of time, we ask that you be mindful of the suggested eating list for food that may be harmful to the braces. Until you become accustomed to eating with your braces, you may find it beneficial to follow a diet consisting of soft foods.

WILL THE BRACES CAUSE DISCOMFORT?

Initially, the braces feel like they "stick out." This is normal. As you become accustomed to your braces and tooth alignment improves, this sensation will disappear and will cease to be a concern. Although the brackets have been rounded and smoothed, until the cheek tissues have "toughened," you may find it helpful to use a small piece of beeswax around the bracket that is creating the irritation. If your supply of wax runs out, call our office for more.

You will probably notice some discomfort beginning a few hours after your braces are placed. Some teeth, usually the front teeth, may be "tender" and sensitive to pressure. Occasionally, patients report that they experience no discomfort... but most have some soreness beginning during the first eight hours and dissipating within the next week. Exactly when the discomfort ceases is impossible to predict and differs for each patient. You may wish to take non-prescription pain remedies commonly taken for other discomforts, such as headaches. For maximum effectiveness, it may be best to take such medications before the discomfort begins.

BEFORE LEAVING THE OFFICE:

There are routine steps which we ask that you complete prior to leaving the office. These steps will minimize discomfort related to irritation from the braces and ensure optimal response to treatment. Please make these steps a part of each office visit:

1. Using your finger and tongue, check that wire ends do not extend into areas which might poke or abrade the cheek or tongue.
2. Make sure that you understand what you are to do until your next appointment. This could include wearing headgear or elastics as instructed, adjusting an expander or following specific hygiene instructions.
3. Make sure you have an adequate supply of dental wax, special cleaning aids, elastic bands, or other related materials you may need between appointments.
4. If you're involved in any extracurricular activities such as football, soccer or any sport that requires a mouth guard, please contact our office.
5. Always schedule your next appointment before leaving the office. Waiting 1-2 weeks after an appointment before scheduling your next office visit complicates the scheduling.
6. Make sure that your questions about treatment are answered. Treatment goes better when everyone understands the treatment process.

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