



**ORTHODONTICS**

*straight teeth. fast.*

[www.danaortho.com](http://www.danaortho.com)

## **BRACKETS INSTRUCTIONS**

Dana Orthodontics uses the finest brackets available in the orthodontic field today. The Low Friction Bracket System is part of an advanced technology in moving teeth. These brackets are the safest brackets available, and will move your teeth with less discomfort in about half the time as the older, traditional brackets.

### **STARTING**

As your teeth initially move, you will experience one to five days of discomfort. This is very normal. We suggest taking Advil or Tylenol to relieve any pain you might experience. In the beginning, you will notice some difficulty eating certain foods. We recommend taking small bites, and chewing foods slowly until you get used to eating with your brackets.

### **EATING**

Throughout your orthodontic treatment, you must continue being mindful of how and what you eat. Please use common sense when determining which foods are okay. Foods that are hard or sticky can loosen brackets.

### **BRUSHING/CLEANING**

Because your brackets will collect and harbor food easier than you are accustomed to, it will be necessary to brush more often. This is very important to keep your gums healthy and avoid any tooth discoloration. You must make a habit of brushing after eating anything, even a small snack.

### **UPKEEP AND MISHAPS**

It is common for brackets to loosen from the teeth during treatment, especially right after the brackets have been put on. If you have a bracket come off, it's ok, most of the time it isn't necessary to have it replaced immediately. If you have anything come loose or a wire that is poking you, call the office and we will advise you as to what to do.

### **NOTE:**

We will estimate the time needed to finish your treatment. However, remember that the estimate we issue is just that, an estimate. Please keep in mind that the majority of how well your treatment progresses is up to you. There are obstacles that prolong the treatment time. Some of these include missed appointments, inadequate brushing, and failure to wear appliances and/or elastics exactly as directed. Sometimes during treatment, delays may arise that were not expected. Remember that each case is unique, and individual needs will be met as they arise.

Please be aware that during orthopedic development, there may be times when portions of your bite may actually become worse before an improvement occurs. Common examples include spaces between teeth and the "opening" of your bite in the front or back. When these things happen, it is natural to wonder if your treatment is going in the right direction. You can be assured that on each visit we thoroughly check to make sure that everything is as it should be. If not, we will alter your treatment.

Different orthodontic problems require different types of treatment. Please avoid comparing your treatment to that of another patient. Some corrections require your doctor to see you fairly often. On the contrary, some cases may go two months between appointments for treatment to progress as planned.