

BRACES

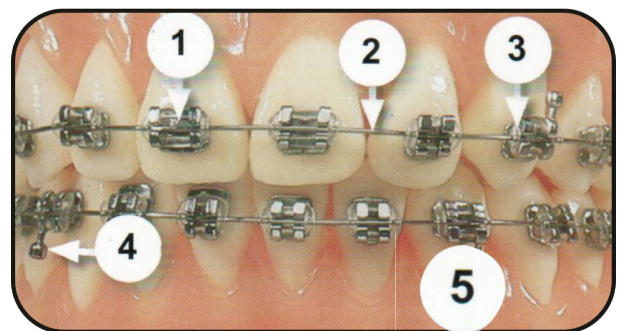
Problems foods and Helpful Tips

It is your job to keep your teeth and braces spotlessly clean!

If you have a problem with your braces refer to this diagram so you can accurately describe the problem when you call our office.

PROBLEM	SOLUTION
Loose band or bracket	The seal created by the cement (glue) has been broken. Call our office and schedule an appointment. If band or bracket detaches from wire, save it and bring it with you to your next appointment.
Broken archwire or headgear, lost ligature or hook	These problems could cause the teeth to shift in the wrong direction and must be corrected as soon as possible. Call our office and schedule an appointment.
Poking wire	That's the term for a wire that sticks out and causes irritation. Try tucking it in with the eraser part of a pencil. If that doesn't work, dry it with a napkin and place wax over the wire to prevent further sticking. Typically, poking wires occur in the suck cheek area.
Soreness in teeth	To relieve soreness, rinse your mouth with warm salt water and/or take Advil or Tylenol (if you are not allergic) as directed on the bottle.

- BRACKET** - The attachment bonded to the tooth or welded to the band.
- ARCHWIRE** - A large removable wire that fits around the arch into the bracket slots.
- ELASTIC LIGATURE** - Plastic ring that ties archwire into bracket or
LIGATURE WIRE - Tiny wire that ties archwire into bracket
- HOOKS** - Used to attach elastics (rubber bands)



- BAND** - A ring of metal with the bracket attached that is glued onto the tooth

