



*Congratulations!*

YOUR JOURNEY TO A STUNNING NEW SMILE HAS BEGUN



WE'RE SO EXCITED TO BE ON THIS JOURNEY WITH YOU  
INCLUDED YOU WILL FIND INSTRUCTIONS FOR YOUR

*Braces Treatment*

# Braces Treatment

## INSTRUCTIONS

### WEARING BRACES

The first 2-3 weeks after braces are placed on your teeth is an **adjustment period**. You may notice that at first the braces fit tightly and there may be a feeling of pressure and soreness on your teeth. This is normal and a sign that the brackets and wires are working! A softer diet is recommended to help keep this discomfort to a minimum (**ice cream, milk shakes, smoothies, soups, cooked pastas, ect.**) If you experience pain, over the counter pain relievers such as Tylenol/ acetaminophen (do not use ibuprofen), may be used to alleviate discomfort it typically subsides in 24-48 hours.

### RUBBER BANDS

We may ask you to wear rubber bands at specific tooth locations to improve your **treatment time and results**. Nothing progresses your treatment faster than **diligent rubber-band wear**. The rubber-bands will help correct your bite. We cannot stress enough the importance of wearing them consistently. Unless instructed otherwise, **wear your rubber-bands 22hrs/day**, except when eating, brushing, or flossing. After eating brush and floss, then immediately resume wearing your rubber-bands.

### TURBOS

Your treatment may include turbos (also known as bite pillows, or bite blocks). These can be a little uncomfortable at first, but in conjunction with your **diligence in wearing rubber bands**, they will make your treatment faster than anything else. We usually place two but you only need one. So if one breaks no need for alarm, we will repair it at your next regular appointment. They separate the teeth to “unlock” the bite from the opposing teeth which allows them to **move easier and faster**. Eventually turbos wear down, no worries we will replace them.



### WAX

If your wire is irritating you or if you have a sore spot on your cheek, be sure to **dry and apply wax** to the offending area. Sugar-free gum works that way too. Apply the wax in a small ball and wrap it around the offending area. Ensure the area is **completely dry** or else you may have trouble getting it to stick. If you have a super wet mouth you might want to try sugar-free gum rather than wax.

### CINCH BACKS

Your first wire **will not** extend all the way back to the 2nd molars due to the flex in the light wire. If it ran all the way back to the 2nd molars, it may pop out and poke you. We place a curl (cinch-back) to hold the wire and prevent it from sliding left to right. This is **temporary** for your first wire, all other wires extend.

### LINGUAL BUTTONS

We may ask you to wear lingual buttons they will be placed on the **inside surface** of your teeth. They are used as anchors to attach elastics, **close spaces** and **correct bites**. They may be a little uncomfortable at first to get used to. If one of the buttons breaks, please give us a call to replace it.

### TONGUE TAMERS

Dr. Todor may prescribe these for your treatment to **retrain your tongue** to rest at the roof of your mouth. They might be a little uncomfortable at first. Your tongue is one of the strongest muscles, and **with it resting against your teeth, your bite will never close**. If you are required to have these just know it is a very **important** part of your treatment plan.

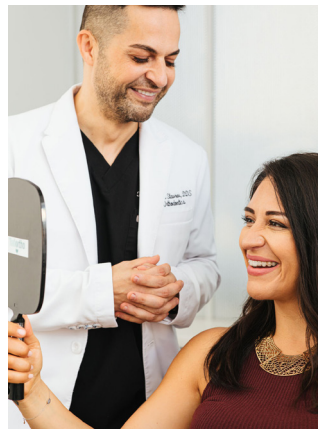


## SEPARATORS

Your treatment may include small elastic rubber bands that are flossed into where space is needed. You might feel slight pressure or pinching while these are placed. Please **stay away from sticky foods** while wearing separators. If a separator falls out please contact the office for an appointment to have them replaced.

## CLEANING

Brushing and flossing your teeth while wearing braces will present more of a challenge, since there are more places for food and plaque to collect. **You should brush your teeth a minimum of 3x daily.** Flossing should be done nightly. If you do not have the opportunity to brush after lunch, rinse your mouth thoroughly with water and brush your teeth as soon as possible. **You should brush your teeth for 3 minutes at a time.** If proper oral hygiene is not followed during treatment you are at risk for decalcification or white spots, and staining of the teeth. Brush in small circles over your teeth at a 90 degree angle to get on top and under the brackets and wire. **Get those bristles working!** Now with the braces on you have many more nook and crannies to scrub so make sure to use the Interproximal Brush (it's the one that looks like a Christmas Tree) to clean close to the bracket and under the wire. A Waterpik is recommended. **This will keep your teeth sparkling, clean, and healthy.**



## FOOD & DRINK

Please stay away from anything **hard, sticky, chewy, or crunchy.** This may include ice, nuts, hard crusts, suckers, candies, ect. Use your best judgement. You'll still be able to eat many of the same foods, but you may need to eat them differently. Cut up foods into smaller pieces, take smaller bites and be aware of foods that might break those brackets off. **After a meal, brush & floss.**

## DENTAL MONITORING

If Dr. Todor prescribes dental monitoring for your treatment you will be provided with a complimentary device called the Scanbox Pro. This convenient at-home device revolutionizes your treatment efficiency and keeps your progress in check. This device is to be used **bi-weekly** and will communicate vital information back to our team such as if you are **properly tracking, brackets/ wire maintenance, oral hygiene,** if an office visit is needed, ect. Our team is continually able to monitor your treatment remotely with each scan, increasing **efficiency and shortening treatment time.** This also can mean less office visits by providing more regular check-in's from home via the device saving you time.

## AFTER HOURS PROBLEMS

Emergencies involving braces are rare, however, if you have a **true emergency and need immediate attention** (facial trauma/swelling/severe pain), call Dr. Todor at 415.399.9200. Non-emergency situations can be phoned in on the next business day or emailed to Dr. Todor at [info@todorthodontics.com](mailto:info@todorthodontics.com)

# Thank you

FOR TRUSTING US WITH YOUR CARE.  
PLEASE CALL OR EMAIL US WITH ANY QUESTIONS.  
WE'RE HERE TO HELP YOU ACHIEVE  
THE SMILE OF YOUR DREAMS!

