



Orthodontics

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REMEMBER!!

1. Brush your teeth after eating. Brush all tooth surfaces, angling the brush at the gum line and around the braces to ensure all food particles are removed. Use your proxa-brush to remove food that cannot be reached with your toothbrush.
2. Floss your teeth at least once a day. Flossing with braces can be more time consuming when you are first learning. Do not get discouraged. It will get easier. It is an important part of keeping your teeth and gums healthy.
3. Use toothpaste with fluoride and/or an antibacterial agent.
4. Use a fluoride mouth rinse every night after brushing and flossing.
5. Avoid biting into hard or fibrous foods, eg: apples, carrots, hard or crusty bread and pizza crusts. Slice these foods before biting into them. Do not bite into ice cubes. Biting into these foods can cause the brackets to come off.
6. Avoid chewing gum and sticky, hard candy. Chewing gum can cause the wires to shift into an unfavorable position. During later stages of treatment when you have a heavier wire in place, you can chew sugar-free gum that does not stick to dental work, like Freedent.
7. Avoid chewing on pens, pencils or fingernails as this could bend the wires or cause the brackets to come off.
8. After you have had an adjustment, your teeth might be sensitive for a few days. You can take Tylenol or Advil as directed to reduce the "achy feeling" and eat soft foods until the discomfort subsides.



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9. After having your braces placed, you might find that the hooks or attachments on the bands irritate your tongue and cheeks. Use the wax we provide to place on these areas until your mouth gets used to the braces.
10. If a bracket should come off or a band becomes loose, please call us so that we can schedule an appointment or lengthen your next appointment time. If a wire is poking and irritating your tongue, cheek or gum tissue, place some wax on the wire. If it continues to irritate you please call us for an appointment.
11. Continue with your regular dental check-ups with your family dentist at least twice a year.
12. Mouth guards can be worn when playing contact sports such as hockey, football, basketball, etc. Please ask us if you should be wearing a mouth guard. We will provide one for you.

