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**What to Expect**

**Discomfort:** After your braces are bonded, you can expect to feel discomfort. This is normal and very temporary. Discomfort can last anywhere from 1-2 weeks. If you are experiencing discomfort, you may take a pain reliever such as Ibuprofen or Tylenol. You may also experience sore spots on the inside of your lips and cheeks. Wax can alleviate some of the discomfort until you build up calluses. If you develop a sizable sore, a warm water salt rinse (1 tsp salt to 4 oz water) can help expedite healing.

**Wire Pokes:** You may, on occasion, get a wire poke. As your teeth are moving, your wire will also change position. This may cause the wire to protrude, and subsequently, you will get a poke. Wire pokes are easily remedied. Please call first to make sure we are in the correct office if you are having an issue with a wire and want it trimmed. If you can’t make it into the office right away, you may use wax to relieve the discomfort until you can get back into the office.

**Wire Advancement:** During the course of your orthodontic treatment you will have the opportunity to be in the office frequently for adjustments. An average course of treatment consists of 3 or 4 wire changes. Your wire will not be advanced every visit. Gradual movement is optimal for the best results and is less traumatic to your teeth and root tips. We strive to give you the very best results and leave you with strong healthy teeth to last a lifetime.

**Dental Hygiene:** Everyday care of your teeth is always important, however, during your orthodontic treatment you will want to focus special attention to the care of your teeth. Brushing your teeth more frequently will help to ensure that your teeth stay especially clean and decay free. We recommend brushing 3 or more times every day. In addition, we recommend flossing everyday as well as using a fluoride rinse at bedtime.

**Duration of Treatment:** Please be mindful that your treatment will take the entire projected time. Every case is different, and as such, each patient’s treatment and duration of treatment will also vary. Your teeth may begin to look straight very quickly but we will continue your treatment until all of the appropriate corrections have been made and Dr. Jackson is confident that you have the best smile possible and a completely functional bite. It is very important that you wear your elastics (rubber bands) as directed. These are primarily for bite correction. Elastics will need to be worn day and night, changed 3-4 times daily, and only removed for eating and brushing. Failure to wear your elastics as directed can result in extended treatment. There is no additional cost for your treatment even if you are in braces longer than the projected time.

**Please feel free to contact us with any questions or concerns at 406-442-1899.**



**Patient Information**

Congratulations! You have just begun your journey having a more beautiful and healthy smile. There are several important items of information regarding your braces which we wish to assist you in avoiding injury, inconvenience and additional expense during your treatment.

**Bracket, Band and Appliance Repair**

1. **The braces and bands are only temporarily placed on your teeth**. Eventually they will be removed. The materials used are strong enough to hold the braces on your teeth until treatment is completed, yet no so strong as to cause damage to the tooth when removed. **The material does not reach its full strength until the first 48 hours has passed.** Soft foods are recommended for the first 24 hours. Please be very careful when chewing and touching your braces for the first two days.
2. **2. The bonding materials and cements we use are of the highest quality.** We purchase our materials from leading orthodontics product manufacturers and are all tested for strength and durability. Every Patient is treated with the same materials and most patients complete their treatment without having a single bracket become loose. Please refer to the orthodontic food list.
3. **Excessive pressure applied to the braces will cause them to come loose.** Biting into hard or sticky foods, whether they are nutritious or not, usually will cause the brackets to come off of the tooth. You may get away with eating these things a few times, but eventually you will suffer the consequences of your actions. Pushing or pulling with your fingers, being hit in the mouth or biting on objects (e.g. pens) are also a reason for a bracket to come loose and should be avoided.
4. **Loose brackets will delay the removal of your braces.** There are two reasons for this; 1) when the bracket becomes loose the tooth stops moving towards the ideal position, and often relapses to a poor position causing the same work to be done a second time, 2) if the loose bracket is discovered on your regularly scheduled appointment (without calling us in advance) we are often unable to provide the scheduled advancement of treatment we has planned for you.
5. **Repairing loose braces is costly.** We understand that accidents may occur during your treatment and we allow for three repairs over the course of your treatment without charge. Beyond three repairs you will be charged $20.00 for each additional repair up to 9 brackets, and $50.00 after. If the loose bracket is still in the mouth or if you are able to bring the bracket to your appointment please do so. The fee does not completely cover the expense of repairing the damage. The cost, in time and materials, to re-attach a loose bracket is approximately $80.00. We advise those few patients with excessive repairs to exercise greater caution in regard to their braces.
6. **Repairing loose brackets requires additional time and pre-visit preparation.** Please call our office as soon as you realize that you have a loose bracket. **A loose bracket is NOT an orthodontic emergency.** The repair will be scheduled during normal office hours. We may need to modify your regular appointment to allow for the repair. Please contact our office even if you have an appointment the same day so that we can make the necessary preparations for the repair. In the event that you arrived for your regular visit with repairs needed, it may be necessary use your appointment for repairs and reschedule your regular visit.
7. **You are in control of your treatment.** Once the braces have remained attached to the teeth for 48 hours they will stay attached unless they are not cared for properly. **Please be advised that excessive repairs may extend your treatment time and result in additional cost.** We wish to maximize your progress at each visit and minimize the inconvenience to you. **We would be happy to address any concerns or questions you may have about your treatment. Thank you for choosing Jackson Orthodontics to create your new smile.**



Kyle Jackson DMD, DHSc

Orthodontic Food List

(Foods to avoid when you have an appliance or braces)

* SODA, CARBONATED BEVERAGES, or OTHER SUGARY DRINKS (LIMIT ONE PER WEEK)

(Please swish with water after drinking)

* POPCORN
* WHOLE NUTS- such as PEANUTS and ALMONDS etc.
* CHEWING ON ICE
* ALL HARD CANDY including SUCKERS
* HARD TORTILLA CHIPS, DORITOS TM, FRITOS TM, CHEETOS TM, PITA CHIPS ETC.
* HARD PIZZA CRUST OR OTHER HARD CRUSTED BREADS
* BEEF JERKY
* HARD CRUNCHY ITEMS SUCH AS GRANOLA BARS, CORN NUTS TM, CROUTONS ETC.
* MEAT ON THE BONE- REMOVE THE MEAT BEFORE EATING (RIBS, CHICKEN, ETC)
* CORN ON THE COB- REMOVE THE CORN FROM THE COB
* ALL HARD STICKY CANDY SUCH AS STARBURSTS TM, SKITTLES TM, LAFFY TAFFY TM, NOW AND LATERS TM , TOOTSIE ROLLS (ETC)
* ALL SUGARY GUM. (SUGARLESS GUM IS OK AND SPRY GUM IS BEST)
* ALL GUMMY CANDY
* CARAMEL CANDY OR CARAMEL APPLES
* SUCKING ON LIMES OR LEMONS
* AVOID BITING ON PENCILS, PENS, FINGERNAILS, ETC

**IF YOU EAT FRESH FRUITS AND VEGGIES SUCH CARROTS, BROCCOLI, APPLES ETC, CUT INTO BITE SIZE PIECES AND CHEW WITH YOUR BACK TEETH.**

Most broken braces are a result of eating from the food list above. Please be careful to avoid these foods so that we can complete your treatment on time and avoid extra charges, which come as a result of replacing broken braces. If you have any questions about foods you may or may not eat, please ask any of our staff, we would be happy to help you.

Thank you,

Dr. Jackson & Team