

THE ORTHODONTIC SPECIALIST

What to expect after braces are fitted?

SORENESS CAUSED FROM BRACES AND APPLIANCES

When you first get your braces, your mouth and teeth might feel a little tender or sore. Don't worry this is perfectly normal and we guarantee your mouth will not be sore forever! To relieve the pain, we recommend dissolving one teaspoon of salt in 8 ounces of lukewarm water. Swish and gargle this solution in your mouth for about one to two minutes. If the pain persists after rinsing, you can also try taking a pain reliever (best the one you normally use). It is also not rare for your lips, cheeks, and tongue to become irritated for one to two weeks as they toughen and become accustomed to the braces. You can use wax over the braces to lessen the tenderness.

LOOSE TEETH

If your teeth begin feeling a little loose, don't worry, this is normal! Your braces must first loosen your teeth to move them into the correct position. Once your teeth have been repositioned, they will no longer be loose.

LOOSE WIRES AND BANDS

The wires and bands on your braces may come loose. If this happens, please contact us as soon as possible so that we can check and repair your appliance. If any pieces of your appliance come off, be sure to save it and bring it to the office with you.

Fixed braces are still the most used type of orthodontic treatment. The technology used in making braces has come a long way, and they are more comfortable and affordable than ever before. Braces straighten your teeth using a combination of brackets and arch-wires. You can even choose to have colored elastic bands to suit your personality and make your braces are more appealing to you.

Braces Rubbing/Digging In

If any part of the brace is digging into the mouth or rubbing causing discomfort the patient should use the wax as instructed. The initial wire is flexible and can readily dislodge from the very last teeth. If this is not causing discomfort it can be left till the next appointment. They do not always need to be replaced immediately and patients can wait till their next appointment. Repeated and multiple breakages are uncommon and can increase treatment time significantly. This is primarily due to poor diet and compliance. Greater care should be taken to avoid chewy and hard foods.

