

# FO FREELS ORTHODONTICS

## OFFICE

**(956) 631-8181**



## AFTER HOURS

**(956) 212-3666**

## STARTING YOUR ORTHODONTIC TREATMENT

- What to Expect
- Brushing and Flossing
- Helpful Hints
- Handling Emergencies

*Welcome to our office....*

*Dr. Freels and his staff are excited that you have chosen us to provide you with the highest quality of orthodontic care. We are looking forward to working with you in order to achieve the best results from your orthodontic treatment.*



Our primary goal is to provide you with the most pleasurable experience possible. Your involvement and cooperation will allow us to do just that.



*Always...*

1. Keep your scheduled appointments.  
(Periodically every 4-6 weeks)
2. Call the office right away if you are unable to keep your scheduled appointment. We will reschedule your appt. accordingly.
3. Follow instructions given to you by Dr. Freels and his staff.
4. Brush and floss to maintain a healthy smile.
5. Avoid any foods that can be harmful to your appliances.

## WHAT TO EXPECT

- ◇ With your new braces, expect your teeth to be sore for the next few days. You may take Tylenol, Ibuprofen or Aspirin.
- ◇ Eat soft foods.
- ◇ Your braces and wires may rub your cheeks and lips. This may cause some slight irritation. Use a small piece of soft wax to make you comfortable. Break off a piece & mold it around the that is area bothering you.



Remember that soft drinks, candies and snacks expose your teeth to extra sugar.

We encourage you to cut down on foods and snacks that are high in sugar, as well as brushing your teeth after you have had a meal or snack. Be careful of hard crunchy foods like ice, hard candies, chips, peanut brittle and corn nuts. Cut your meat & veggies into small pieces.

**Your braces are not indestructible!**

*Broken brackets and wires add delay and expense to your treatment. Keep any wires or brackets that may come off and bring them in when you come back to our office.*



**Brushing & Flossing is of utmost importance.**

Your braces will tend to collect more plaque and food particles around your teeth. You must spend extra time and effort cleaning your teeth and & gums.

Poor oral hygiene will cause permanent stains, cavities and gum disease!



by brushing back and forth between the wires and gums on the upper and lower teeth to help loosen food particles.

**Next**, brush your upper teeth in a circular motion starting at one end and working your way across. Repeat for the lower teeth.

**Then**, brush on the inner surfaces of your upper and lower teeth.

**Finally**, scrub all the chewing surfaces of your teeth. After you rinse, always look in the mirror to make sure you haven't missed any areas. Go back and brush any areas if you need to.

Don't forget to brush gum line thoroughly, angling the bristles to work them underneath the wire. Brush after eating & before bed time for a **minimum** of 6 minutes. Replace your toothbrush every 4-6 weeks with a soft bristle brush. Floss everyday!

Your braces and wires should look clean and shiny, free of any food particles and plaque.



Flossing between your teeth with braces will require extra time. Use your Super Floss! Start with the spongier/thicker end and carefully thread the floss behind the wire. The spongy end will allow you to clean around each individual bracket.

Next, carefully feed the floss through until you across the thinner end.

When you are done, carefully pull the floss out & repeat the process in between the next two teeth. You should continue doing this until you have flossed between each tooth.

*You must spend extra time & effort in cleaning your teeth and gums.  
We are here to help you, so let's work together to achieve that  
SUPER SMILE!*



.....**NO, NO, NO!!!**

---

***ABSOLUTELY NO CARBONATED DRINKS  
WITHIN FIRST 24 HOURS OF BONDING.***

---

**ICE:** A thousand times No! It will totally destroy your braces!

**Pizza Crust:** The hard crust bends wires.

**Doritos, Tacos, Tostitos, Cheetos, Fritos & the like:** These will form a hard ball and break the brackets.

**Caramel, Candy, Bubble Gum and other sticky foods:** This goo pulls off wires and feeds the bacteria in your mouth.

**Beef Jerky, Slim Jims, etc:** These foods are tough as nails.

**Hard Candy and Lollipops:** The temptation of biting down will destroy you and your braces.

**Pens & Pencils:** Your favorite exam time food breaks everything!

**Popcorn:** The little shell gets between the gum and the band...hurts like crazy!



You can take special care eating apples, carrots, taco shells, corn on the cob or any other foods that are eaten with the front teeth. These foods should be cut into small pieces & chewed on the back teeth. Eating these foods will loosen bands but you may not discover the problem until hours or days later. Loose bands, broken wires & detached brackets will delay treatment time.



## *Handling Orthodontic Emergencies at Home*

Should an orthodontic emergency arise outside of our normal business hours call an assistant at:

**956-212-3666**

Feel comfortable to look & feel around your child's mouth so that they may best describe to the assistant what you see and/or feel.

Our assistants will be able to talk you through most emergencies or at least allow your child to feel comfortable until he/she can be seen in the office during business hours.

You may see an assistant after hours for any situation that you feel is urgent.

**After Hours Appointment \$40** On call assistant will set up a time to meet at the office.

These visits must be paid in cash at the time of the appointment.

Most orthodontic emergencies are actually fairly simple to treat. In most cases, with the right tools and a little "tender loving care" your child will do fine.

Here are some terms to help you better describe an emergency situation to our assistant.

**Ligature:** The archwire is held to each bracket with a ligature, which can be either a tiny elastic or a twisted wire.

**Archwire:** The archwire is tied to all of the brackets and creates force to move teeth into proper alignment.

**Brackets:** Brackets are connected to the bands, or directly bonded on the teeth, and hold the archwire in place.

**Metal Band:** The band is the cemented ring of metal which wraps around the tooth.

**Elastic hooks:** Elastic hooks are used for the attachment of rubber bands, which help move teeth toward their final position.

### **Tools & Supplies**

With these tools and supplies on hand at home, you will be prepared to handle the most common orthodontic emergencies.

- Non-Medicated Orthodontic relief wax
- Sterile Tweezers
- Q-Tips (cotton swaps)
- Interproximal brush
- OTC Pain reliever (Motrin, Tylenol, Ibuprofen)
- Dental floss
- Small Sharp clipper
- Salt
- Toothpicks
- Topic Anesthetic (Ora-Gel)

Only the most severe emergencies will require immediate attention by Dr. Freels. The majority of these are easily treated at home.

## *Handling Orthodontic Emergencies at Home p.2*

### What to do if:

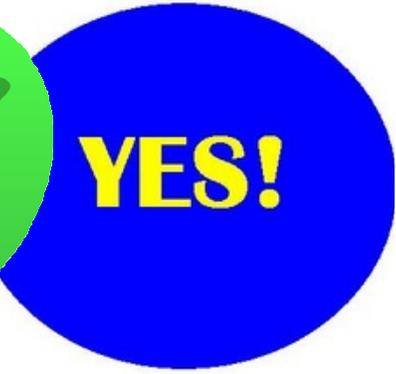
Ligature comes off: If a rubber ligature should come off, you may be able to put it back on by using sterile tweezers. If a wire ligature comes loose, simply remove it with sterile tweezers. If the wire ligature is sticking out into the lip but is not loose, it may be bent back with a pencil eraser to eliminate the irritation. Although this is not urgent its best to notify our office by the next business day.

Discomfort: Its normal for a patient to have discomfort for a day or two after braces or retainers are adjusted, but it can make eating uncomfortable. Reassure your child that the discomfort is both normal and temporary. Encourage soft foods. Have the patient rinse the mouth with warm salt water. If the patient is allowed to have an OTC pain reliever both acetaminophen or ibuprofen may be effective.

Mouth sores: Use a cotton swab with a small amount of topical anesthetic such as Orabase or Ora-Gel. Apply this directly to the ulcerated surface which is usually on cheeks, lips or tongue. While braces do not cause mouth sores it may be precipitated or exacerbated by an irritation from the braces.

Irritation: This occurs especially when a patient is eating. New braces can be irritating to the mouth but you can apply a small amount on non-medicinal relief wax as a buffer between metal & mouth. Pinch off a small piece and roll it into a ball the size of a small pea. Flatten the ball and place it completely over the area of the braces causing irritation. Reapply as needed.

Loose brackets, Wires and bands: If the braces have come loose in any way the parents must be notified. They should call the office immediately to determine appropriate next steps. If the patient is unable to come to office immediately for loose bracket that has rotated on the wire and is sticking out you can do a temporary fix. This temporary fix will alleviate discomfort and prevent further damage. Take care to prevent swallowing or other injury. First to put the bracket back in place use sterile tweezers to slide the bracket along the wire until it is between two teeth. Rotate the bracket back to the proper position and then slide it back to the center of the tooth.



# YES!



- Icees
- Ice Cream \*
- Pasta \*
- Chicken \*
- Muffins \*
- Cheese \*
- Peanut Butter \*
- Cups \*
- Marshmallows \*
- Pepperoni slices \*
- Popsicles
- Yogurt
- Rice
- Soft Tacos
- Cheese puffs
- Thin potato chips
- Plain Hershey
- Bars
- 3 Musketeers
- Chicken nuggets

