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Braces

You have just had your brackets/braces placed. Listed below are some items of information along with instructions that you will need while wearing your braces:

- ❖ Anticipate that your teeth may become sore for 2-3 days – this is completely normal during tooth movement. Use your preferred pain medication as directed on the bottle or by your doctor.
- ❖ It is important to brush your teeth and braces for 3 minutes (1½ minutes on the upper and 1½ minutes on the bottom), at least 2 times daily. We also recommend flossing and using you're the smaller brushes given to you by LOA to help keep your teeth clean.
- ❖ It is very important to continue to see your dentist every 6 months or more frequently if needed for cleanings as we do not perform dental cleanings, check for cavities, or take bitewing x-rays.
- ❖ We will recommend additional delivery of fluoride, either in-office, by rinse or toothpaste. Is important to follow the instructions that accompany any such preventive measure.
- ❖ Occasionally braces do come loose so it is important to check your braces daily. If you notice a loose brace please call and let us know. Should this happen on a weekend, it is ok to wait until our office is open to call for an appointment. If a brace comes off the wire and out of your mouth, please save it and bring it with you to your next appointment as with any appliance that comes loose.

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