



# Helping Hands

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## WEARING A FIXED APPLIANCE

### What to Expect

- ❖ At first, this appliance may feel tight. This is especially the case if a separator came prior to the cementation appointment. It often feels like there is a piece of steak or popcorn stuck between your teeth.
- ❖ You may notice an increased flow of saliva (water in your mouth). This is normal and will decrease as you get used to wearing the appliance.
- ❖ Teeth on which there is pressure will be sore initially. Your child may take an over the counter pain reliever (such as Tylenol or Ibuprofen) that your child typically takes for normal discomfort as needed for the first day or two. Please be sure to follow the manufacturer's dosage instructions for the product you choose. If your child has asthma, please be certain to only use Tylenol or acetaminophen products.
- ❖ Your speech may be slurred until you get used to the appliance. This usually will only last for 24-48 hours.
- ❖ Wear the appliance \_\_\_ day \_\_\_ night \_\_\_ both. Appliances break most often when they are not in the mouth.
- ❖ You may remove the appliance **only** when you eat, brush your teeth, or play sports.

### Daily Care

- ❖ It is very important that you keep your appliance clean.
- ❖ Do this at least twice a day.
- ❖ Frequent rinsing with water will help remove food and other debris.

### Diet

- ❖ Basically, the diet need not be changed.
- ❖ Depending on the appliance, there may be some foods that cannot be eaten with the appliance in the mouth. This varies with individuals and their food habits.
- ❖ Chewy candies, gum and caramels are not to be eaten.

### Problems

- ❖ If your appliance breaks or comes loose, call our office as soon as possible.
  - Try to gently replace the loose band around the tooth. It should fit around the tooth like a ring on a finger. If it is hanging down, the patient can bite on and then break the band and the appliance will have to be remade.
  - If there are bands on both teeth and they are both loose, gently remove the appliance from the patient's mouth.
- ❖ If wires are bent into the gums this will require an appointment to adjust.
- ❖ Sometimes a solder joint can break. If there is a sharp wire or feels pointy, place either a chewed up piece of sugar free gum over the area or orthodontic wax (can be purchased at pharmacies in the oral hygiene section) and contact our office so that the appliance can be removed and/or repaired.