



Oral Hygiene

Congratulations on receiving your braces! We look forward to giving you an even more beautiful smile. Please refer to this sheet if you have any problems with your braces. You may experience soreness from the new appliances in your mouth. These sore spots can travel from one area of the mouth to another and may develop throughout different stages of your treatment. If you do experience soreness, you should use over the counter pain medicine and know that the discomfort will dissipate after a week or two. Remember to use the wax in areas that cause irritation to your mouth. If you happen to run out, wax is available at drugstores or you can stop by the office for more.

Food List

Please review the foods to avoid during your orthodontic treatment; these include anything hard, sticky, chewy or crunchy. A copy of the food list is on the website. Remember to eat soft foods, like pasta, Jell-O, yogurt, eggs or soup, when your teeth are sore. Harder foods may aggravate any soreness you might already be experiencing.

Brushing

We recommend you brush after every meal, floss daily and use prescription fluoride toothpaste before bed every night. We have Colgate's PreviDent 5000 Booster at the office or we can give you a prescription. When using this toothpaste it is important not to eat or drink for 30 minutes after brushing. Using an electric toothbrush is also recommended. Please know that you can purchase the Oral-B Professional Care 8850 and other products like replacement heads, Peroxyl and PreviDent at the office. Remember to use your proxy or interdental brush when needed to remove food between your braces. When flossing your teeth, you may want to use a floss threader to get underneath the wire. Flossing may require more time and might be more convenient to do at night. Remember to inspect your teeth after brushing to make sure that they are spotless. There are additional products that may be helpful with your oral hygiene regimen: a WaterPik, Oral-B Superfloss, Peroxyl, and Orabase or Orabase Sooth-n-Seal. You can purchase any of these listed at Target, Wal-Mart or any drug store. If you have questions about these products please feel free to call the office.

Breakage Policy

Throughout your treatment, we do not expect any breakages to occur. But in the event that a breakage does occur, whether it is a bracket, wire, or band, please call the office. Repairs are **not** scheduled to take place at regular visits; therefore we may need to schedule another appointment to fix the breakage. Keeping track of breakages is very important. After 3 breakages, charges may accrue and treatment time may lengthen.

Emergencies

For emergency appointments that need immediate attention due to pain within the mouth, we have an emergency number on our answering machine. That number is **484-686-4311**, unless otherwise said on the machine. If you have other dental occurrences such as broken bracket, broken wire, broken band, or broken appliance that can wait until the office reopens. Please leave a message on our machine in regards to your emergency and we will call you back as soon as we receive your message. Generally these problems can be addressed during office hours. Please feel free to leave a message for us if you feel you need to speak to our patient care coordinator or Dr. Lembck.

Sports

If you play any contact sports or participate in a contact sport during gym class it may be to your benefit to wear an orthodontic mouthguard. An orthodontic mouthguard is **not** your typical “boil and bite” mouthguard. It’s looser fit helps to protect your teeth and appliances by providing a cushioned barrier between your teeth and what may come in contact with them (ie: a football or basketball). Wearing an orthodontic mouthguard will not only help to save your teeth but also prevent breakages of your brackets or bonds.

Appointment Scheduling

Appointments are generally scheduled every 6 weeks; shorter appointments are for after school/work and longer appointments are for morning and early afternoon hours. Occasionally at these adjustment appointments we plan to change the arch wire, or make bends to your wire, therefore it is important to keep your scheduled appointments in order for your orthodontic treatment to progress as planned. If you happen to need to reschedule an appointment, we kindly ask for 24 hours notice.

Lembck Lire Program

As discussed at either your records or banding appointment, our Lembck Lire program works like this. You will receive 1 Lembck Lire (lee-rah) for each of these key points; signing in on time for your appointment, having good oral hygiene, not having any missing broken or loose appliances (braces, wire, retainers) and wearing your office t-shirt. You can also receive additional Lembck Lire by referring a friend who starts treatment with our office, bringing in a Cleaning Certificate completed by your dentist and by participating in our Theme Weeks. The Lembck Lire you collect can be traded in at any time and we do ask that you return your Lembck Lire when your treatment is completed.