

## WAIT...WHAT DID THEY SAY?

### Do I still need to see my dentist for cleanings and checkups?

We would prefer you see your dentist every 4 months while in treatment. Healthy teeth and gums help your treatment move along more smoothly. Dental offices require wire removal to ensure a better cleaning. You will come to our office to get your wires removed, go to your dental appointment, and then return to our office to get the wires back on. When you make your dental appointment, please make sure to coordinate in advance with us.

### How long will my teeth be sore?

Your teeth will be sore for the first few days after the braces are placed/adjusted. You can take Advil or Tylenol to help ease the discomfort.

### Do I need a special mouthguard for sports?

If you are playing a sport and are in need of a mouthguard, do not purchase a mouthguard that requires you to take a mold of your teeth. It will not fit once we start moving your teeth.

### What should I do if I have a loose bracket/appliance?

If you notice a loose bracket or appliance, please call us ASAP during regular hours, unless it is causing you discomfort, then call anytime. The best way to avoid breaking brackets/appliances is to refrain from eating sticky and hard foods. Refer back to the "Things to Avoid" page.

### What are the blue things on my teeth?

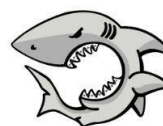
The materials on the biting surface of your molars are called bite stops. The bite stops prevent you from hitting your lower brackets. Patients often experience discomfort and have difficulty eating for about one week. Try to choose foods that are soft and do not require a lot of chewing.

### Sometimes things look worse before they look better

The teeth will move in many different directions over the course of treatment. You may notice a space where you didn't have one, or your bite feels different. Please be patient, it will improve!

### When are my braces coming off?

The time you were told at the beginning of treatment is a rough estimate. How quickly and smoothly your treatment progresses depends on you. A few things that will prevent your treatment from staying on track is not wearing your elastics as instructed, breaking brackets, and not keeping your teeth/gums clean and healthy.



Carroll & Sutton  
Orthodontics

# Things to Avoid

## HARD FOODS

Peanut Brittle  
Popcorn  
Jerky  
Nuts

## HABITS

Chewing on Pencils  
Chewing on Ice  
Nail Biting

## SUGARY ITEMS

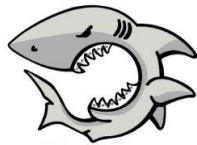
Soda  
Candy  
Juice

## CUT UP/ PULL APART

Chicken Wings  
Corn on the Cob  
Raw Veggies  
Ribs

## STICKY FOODS

Caramel Candy  
Bubble Gum  
Laffy Taffy  
Starburst



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