



## **Living with Braces**

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1. **What to expect the first few days** – These are usually the most uncomfortable during the entire treatment. As the teeth start moving the bite will feel very different and chewing will be more difficult. This will dramatically improve during the first week. This could cause biting on some of the brackets, which could cause them to break off. Sometimes the chemistry that holds the braces to the teeth will not work and the brackets might break off. *This does not require immediate attention*, unless more than 3 come off or they are causing discomfort. Otherwise, please call the office during normal hours before the next appointment so we can be prepared to put the brackets back on. Another problem is when the wires pop out of the slots in the back of the mouth. There are several ways to handle this. The first is to place the wire back in with tweezers. If you can't do this or it repeatedly happens, it is OK to cut the wire with fingernail clippers (the first wires are very light) just behind the brackets in the front. If the wires are poking in the back, please put wax on the area and call or stop by the office so the wires can be shortened.
2. **Discomfort after check-ups** - It is common to have some soreness after the braces are adjusted, especially after initial appliance placement. The first morning after the first wires are placed is usually when the discomfort is the worst. This is usually improves within 24-48 hours. Any over the counter pain medication (Advil or Tylenol) will help reduce any discomfort that you might

have. The initial wires are activated by heat, so try to avoid very hot food or drink the first few days. Cold food or drink will make the wires slightly less active.

3. **Using Wax** - The first few days after the braces are placed, there might be some soreness in the lips and cheeks. This occurs because the cheeks are not used to the braces. This will get much better after 3-4 days. If there is significant discomfort, place some wax over the braces in the area where they are poking. Try not to use this every day, since you want to get used to the braces as soon as possible. Wax can also be used at any time during treatment for temporary covering of the wire if a wire is loose or poking until you can get into the office.
  
4. **Emergencies** - Any significant problems that occur after regular office hours should be brought to the attention of Dr. Hertzberg. This includes broken appliances that are causing pain or any significant discomfort. Dr. Hertzberg can be reached by calling his cell phone at **(847) 206-5863**. This is the only way to reach him after-hours, and please do not call the Kids Dentist paging service for orthodontic problems. All other problems or questions should be handled by calling the office during normal hours.