

BRAACES

101

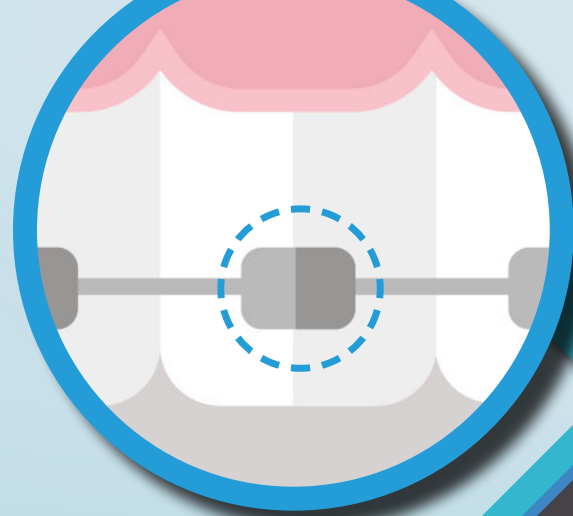
GUIDE



BRACKETS

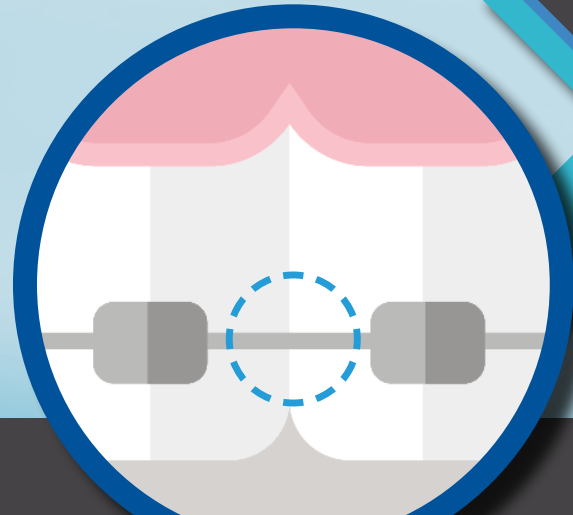
Brackets are connected to the bands or directly bonded on the teeth and hold the archwire in place.

The band is a cemented ring of metal that wraps around the tooth.



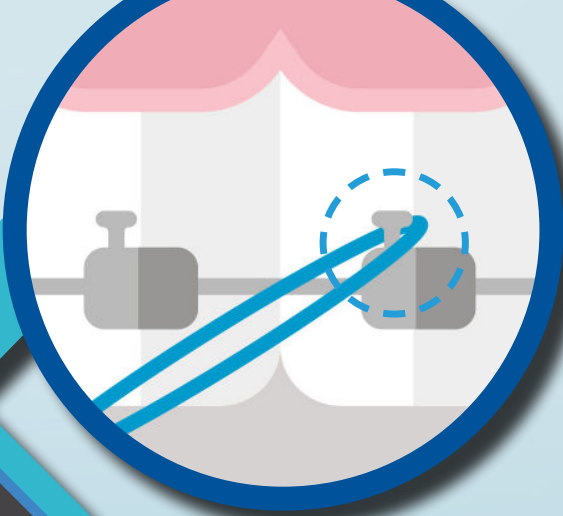
ARCHWIRES

The **archwire** is tied to all of the brackets and creates a force to move teeth into proper alignment.



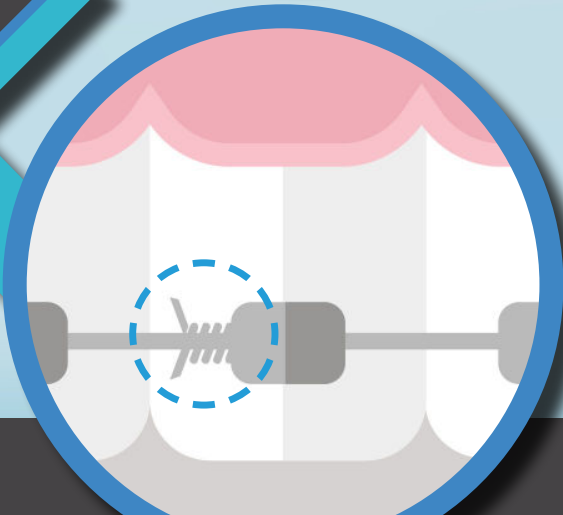
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ELASTIC

Elastic hooks are used for the attachment of rubber bands, which help move the teeth toward their final position.



LIGATURE

The archwire is held to each bracket with a **ligature**, which can either be a tiny elastic or a twisted wire.

DENTAL HYGIENE WITH BRACES:

- 1 The most important part of your treatment is to keep your teeth clean.
- 2 It is very important to return to your dentist for regular cleanings at least once every 6 months.
- 3 Brushing with braces may take longer than 2 minutes!
- 4 Good dental hygiene with braces means less complications during or after treatment, such as scarring or decalcification.
- 5 Floss daily! Bleeding gums are a sign you need to floss more, and the bleeding will subside with correct flossing. Use a water flosser and/or manual floss. As teeth are moving, you don't want to trap any food or plaque between your teeth.
- 6 Use mouthwash daily, before or after brushing, and remember to brush your tongue, as plaque hides there, too.
- 7 Brush 2 times per day and after meals if possible. Don't let food/sugars/plaque sit too long! Just like food on a plate, plaque does not take long to harden, and hardened plaque is nearly impossible to remove without special tools and skills. It can lead to scarring or decalcification.

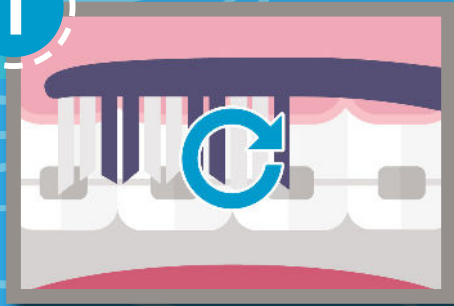
Decalcification/Scarring



BRUSHING STEPS



1



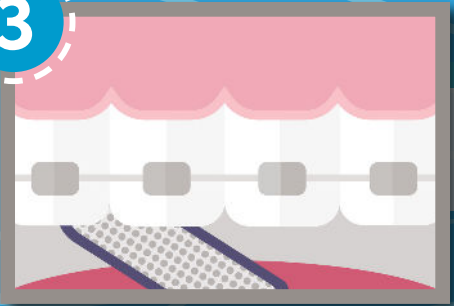
Brush like normal—
outside, inside,
biting surface.

2



Brush above all
brackets—with
your toothbrush
angled down—
even if it feels
like you are only
brushing your
gums! It's healthy for them, and you are still
removing food/plaque.

3



Brush behind the
teeth—toothbrush
angled up.

4

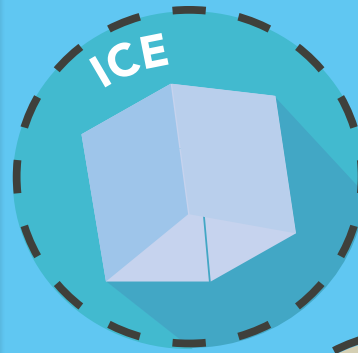


Check up-close
in the mirror for
any spots you may
have missed and
brush again where
needed.

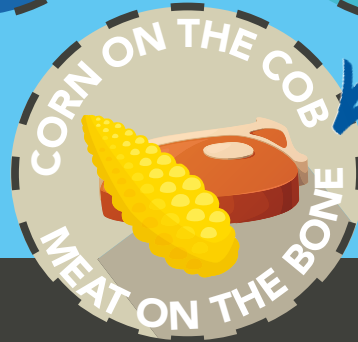
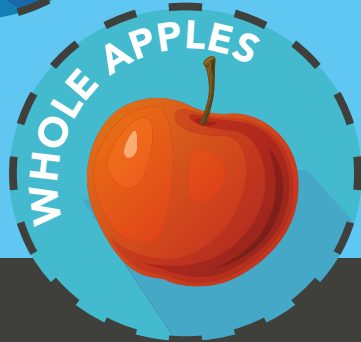
AVOID ALL HARD, STICKY AND SUGARY FOODS.

Hard and sticky foods will cause your wires to bend or break and may cause the bracket or bands that secure your appliance to become loose.

Foods and drinks that are acidic and high in sugar make it more difficult to keep your teeth clean and increase your risk for decalcification or permanent scarring.



Biting on pens, pencils, fingernails, plastic, etc. can cause additional avoidable damage to your teeth and braces.

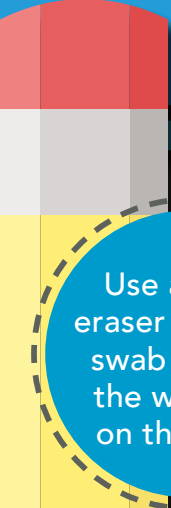


Cut It Off!




HOW TO EASE THE PAIN OF POKING WIRES

TRY THESE *QUICK FIXES* THEN *CALL US!*

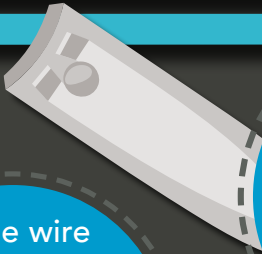


Use a pencil eraser or cotton swab to press the wire back on the tooth.



If the wire has come out of the bracket, use tweezers to gently guide the wire back into the bracket.

Try bending the wire to guard against the pointy end. Usually, you can curve the wire into a position where it's resting near your gums or teeth.

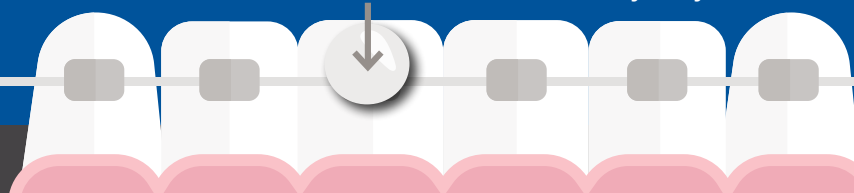


If it is still poking out you can trim the excess wire with clean nail clippers.

When in doubt, wax it! The wax should be able to block the wire comfortably until you come in and get it fixed professionally.

HOW TO USE WAX:

1. Dry the irritating area using a cotton ball or tissue.
2. Pull off a generous amount of wax and roll it into a ball with your fingers.
3. Stick it onto the wire/bracket that's bothering you. Make sure this entire time the area stays dry!



What To Expect From Your New Braces

- You may have soreness tonight and for several days.
- **Soft foods** will make eating more comfortable.
- Take what you normally take for a headache to ease discomfort. Continue this as needed.
- During the first few weeks, your lips will "toughen up" in response to your brackets.
- Over-the-counter ointments are available to help with these areas.
- Your treatment will be delayed if appointments are missed.
- **If something is broken or loose, please let us know as soon as possible.**
We may need extra time to repair your appliances so your treatment is not delayed.
- We will see you approximately every 4 - 8 weeks. **When leaving our office always stop by the front desk to make your next appointment.**



YOUR ORTHODONTIST



NICHOLAS MADDUX, DDS, MS

Dr. Nicholas Maddux was born in Virginia Beach and raised in Chesapeake. He received his Bachelor's Degree from Old Dominion University with a major in biology. He then attended the prestigious Virginia Commonwealth University School of Dentistry, where he received his Doctorate of Dental Surgery.

After graduating at the top of his class, **Dr. Maddux** was immediately admitted into the orthodontic residency program at West Virginia University, where he received a Master's Degree in orthodontics.

He is board certified by the American Board of Orthodontics, and is a member of the American Association of Orthodontists and the American Dental Association. **Dr. Maddux** has been published in the Journal of Clinical Orthodontics.

Dr. Maddux and his wife, Kristen, met when they attended school together in Richmond. They have three beautiful children: a daughter, Ryan, and two sons, Blake and Brody. They adore their ridgeback pup, Finn. The family loves spending time being active and going to the beach.



MADDUX

ORTHODONTICS

**PLEASE DO NOT HESITATE TO CALL OR TEXT FOR ANY REASON.
WE WANT TO MAKE THIS A GREAT EXPERIENCE FOR YOU!**

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