

Smile.

— MAKING NORTH CAROLINA SMILE SINCE 2013 —

WELCOME GUIDE
T O Y O U R
ORTHODONTIC
E X P E R I E N C E

TURNER
ORTHODONTICS

Dr. Turner and our team have customized the accompanying Braces Bag to give you the tools you need to ease your transition into braces. This begins our partnership in helping you succeed in your time in braces!

Your **BRACES BAG** includes:

Orthodontic toothbrush

Travel toothbrush

Toothpaste

Orthodontic wax

Floss

Flouride treatment

Floss threaders

Timer

Proxi brush

Disclosing Tablets

TURNER ORTHODONTICS **Recommends:**

- Oral-B Super Floss or Oral-B Glide Pro-Health Threader Floss
- Colgate 360 or other SOFT-bristled toothbrush
- Waterpik Waterflosser for Kids
- Colgate Phos-Flur Mouthwash*
- Act Mouthwash*
- Ice Breakers brand Ice Cubes gum or other sugar-free gum
- Shock Doctor Double Braces mouthguard (for sports)

** do not use if you are currently using Colgate PreviDent 5000*

WE DO **not** RECOMMEND:

- Round-headed toothbrush (non-electric or electric).
- Toothpaste with whitening or baking soda

Sporty? If you or your child plays sports, we recommend Shock Doctor Double Braces mouthguard to wear during activities. We also offer generic mouthguards at the office.



Feels weird, right?

We know...

The day you get your braces on, you will probably feel like something weird is taking up room in your mouth. Any tenderness can last 4 to 7 days. Trust us: braces WILL become a normal part of your life. Some patients notice their teeth feel wiggly, don't worry... that's your teeth moving into your new smile!

But I'm really uncomfortable...

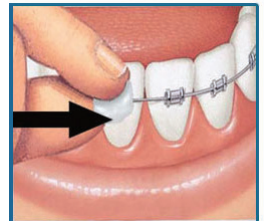
Our recommended pain relief methods:

- **CHEWING** soft pieces of sugar-free gum and soft foods
- **Medicine** Take the recommended dosage for your preferred headache medicine such as Tylenol or Ibuprofen.
- **Warm salt water rinses** help with cheek pain (1 teaspoon salt in 8 oz. warm water)
- **Peroxyl mouth rinse** (found at drugstore)
- **Orabase for sores** (found at drugstore)
- **Ice cream or smoothies**

Sore spots?

Your cheeks and tongue are adjusting to braces, too. As you acclimate to braces, sore spots may develop in your mouth, which can easily be relieved with orthodontic wax. You will receive some wax in your "braces bag." Warm salt water rinses are very helpful. This is a good time to purchase some Orabase and apply it with a Q-tip to any sore spots.

Orthodontic wax how-to: Break off a small amount of wax and roll it between your (clean) fingers. Flatten it and roll it into a ball. The friction will warm and soften it to better shape around your bracket. Mold the wax onto the bracket and cover area until it adheres to the tooth and provides a barrier to your lip and tongue. Once the wire and/or bracket is covered with wax, your mouth should heal. To remove the wax, swish cold water which will make the wax brittle and you can more easily be removed with your (clean) fingers. If you swallow the wax, don't worry about it!



Two Keys to Success

We have treated thousands of satisfied patients since 2013 and we have targeted two specific keys to your new smiles' success.

1 **Maintain excellent oral hygiene**

2 **Wear your rubber bands
24 hours a day, 7 days a week**

The duration of your treatment is based on how many hours a day you wear your elastics (rubber bands). If we estimate someone's treatment will take 18 to 22 months, we assume the patient will wear their rubber bands 20 to 23 hours a day. If a patient skips several days a week or wears their elastics only 12, 16, or 18 hours a day, their time wearing braces or Invisalign could increase significantly.

Imagine you are pushing a huge boulder up a mountain. If you let go, that boulder will roll right back down the mountain to its original position. This is what the rubber bands are doing for your teeth! Keeping your teeth moving in the right direction, otherwise they will go back to their original position.

Parents, this is important for you to understand from the beginning of treatment especially because the pre-teen/teen mind is often not wired to understand the consequences of not following the prescribed treatment.

If you or your child struggle with wearing or placing the rubber bands in the correct place, please set up a time for a treatment coordinator consultation so we can guide you in the right direction!



Dental Appointments

- Continue to see your general dentist every 6 months for cleanings.
- Ask your dentist's office to schedule a 3-month hygentist visit (also known as prophy appointment) while you are wearing braces.

An optional service Turner Orthodontics provides is the removal of wires or Herbst arms before your routine 6-month dental cleanings and exams. Please schedule this appointment as far in advance as possible.

What Can't I Eat?

AVOID

- Popcorn
- Hard Foods: nuts, sticky candies, ice cubes
- High-sugar foods: candy, cake, cookies, and soft drinks should be limited. If you eat these, make sure you rinse your mouth with water or brush right away.

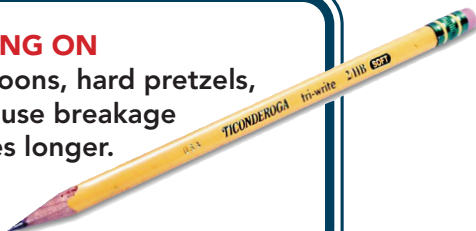


CUT INTO SMALL/BITE-SIZE PIECES In order to prevent brackets from breaking, avoid chewing tough food with your teeth to bite-size pieces:

- Raw fruits and veggies (apples, corn on the cob)
- Pizza and hard-crusted breads
- Steak, chicken, pork or ribs

AVOID CHEWING ON

pens, pencils, ice, forks, spoons, hard pretzels, chips, fingernails! These cause breakage which means wearing braces longer.



Caring for Your Teeth in Braces

TOOLS

We recommend a soft, rectangular-head toothbrush and non-whitening, non-baking soda toothpaste. We also recommend a Sonicare and/or Waterpik water flosser.

TIPS

- **Brush 3 times a day, 3 minutes each time.**

It's important to brush after each meal, even when you are not at home. Keep a travel toothbrush with you. If you can't brush while out, swish and spit with water then brush once you get home.

- **Floss!**

It is VITAL to keep your teeth plaque-free during these months! Not doing so can cause cavities, swollen gums, or tooth discoloration.

- **Fluoride treatment**

We recommend using one of the following regularly: alcohol-free ACT, Phos-Flur rinse, Prevident or MI Paste.

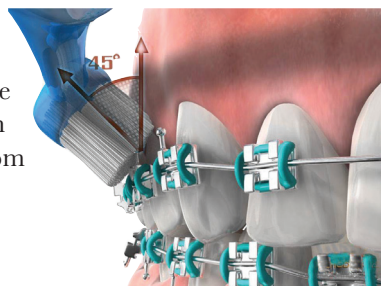
- **Inspect**

After brushing, lift your upper and lower lip to check along the gum line and all brackets to make sure they are free of food and plaque. Using a hand mirror and/or looking closely in a bathroom mirror informs you of how effectively you're brushing.



STEPS

It is necessary to angle your toothbrush differently while wearing braces to remove all the food and plaque from your teeth. The toothbrush bristles need to be angled under the archwire from both the top and bottom.



How to Floss with Braces

TOOLS

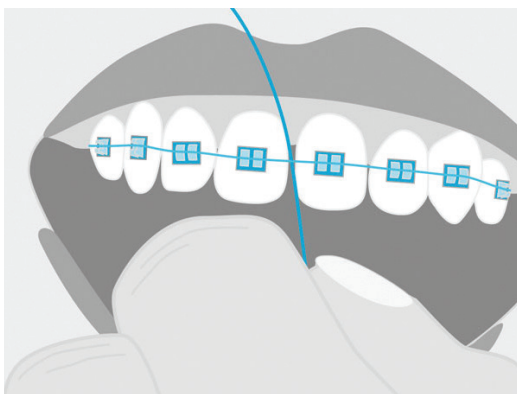
We recommend Oral-B Super Floss or Oral-B Glide Pro-Health Threader Floss. (Unwaxed floss is more likely to get caught and shred in your braces.)

TIPS

- **DAILY flossing is your goal, but twice a week is the MINIMUM.**

Flossing is critical while in braces because you will be more likely to have food trapped in the brackets, bands and wires, which will increase your risk of cavities.

Flossing with braces takes extra effort and time, but you are wearing braces temporarily for a beautiful smile forever, so keeping your teeth healthy and gum-disease-free is worth it!



STEPS

Use about 18 inches of floss. It may seem like a lot, but having enough makes it easier.

Thread carefully. Take the floss and carefully thread it under the main wire then between the teeth. Make sure to wrap floss around each side of the tooth and floss up under the gum line. Then remove the floss and repeat threading between each set of teeth.

Parents, you will have to help younger patients who lack the coordination to thread the floss.

Who to Call and When

THE GOOD NEWS: True orthodontic emergencies are rare. Soreness, aches and tooth loosening are normal when you get braces.

Call Turner Orthodontics during regular business hours for the following minor orthodontic issues:

● **Loose or broken brackets, bands or wires** (often caused by eating hard or sticky food or playing with the braces.) Braces are applied to your teeth with special “tooth glue.” If a bracket pops off, don’t worry, schedule an appointment to rebond the bracket.

HOME TIPS: If the band or bracket is still attached to the wire, leave it as is — but do not connect any elastics to it. You can cover it with orthodontic wax if it’s irritating your mouth. If it has come off, save it and bring the loose parts into the office.

● **Misplaced or poking archwire, bracket or tie**
As your teeth start to move, the wire that connects them (archwire) may begin poking near the back of the mouth, irritating the cheeks. If the wires or brackets cause irritation, covering the metal with wax can help.

HOME TIPS: You can try moving the wire into a better position with a pencil eraser or tweezers. If the wire won’t move, you may be able to cut the end off with a nail clipper sterilized in alcohol.

● **Lost or broken retainer**

Call your dentist or go to the nearest hospital or urgent care for following dental or medical emergencies:

- **Trauma or injury to the teeth, face or mouth**
- **Infection of the gums, mouth or face**
- **Severe, unmanageable discomfort or pain in these areas**

For example, if you fracture a tooth, your general dentist will treat the fracture, arrange for the tooth's restoration, and then Dr. Turner will adjust your treatment plan.

Call Turner Orthodontics during weekend or holiday hours for the following orthodontic issues:

- **Any broken or loose appliance that causes you pain.**

Bite Turbos & Bite Blocks

● BITE TURBOS



Bite turbos are used to correct a “deep bite” (when the front teeth overlap the bottom teeth too much) by keeping the back teeth slightly apart so they can erupt. Bite turbos are also there to keep the teeth from touching the brackets on the lower teeth. They are glued to the backs of two upper front teeth and remain on the teeth until the back teeth no longer have space between them and fully touch, typically 4 to 6 months. Once the back teeth come together; the deep bite has improved and the bite turbos will be removed.

- If they break or come off, this is NOT an emergency, call during regular hours to schedule an appointment to repair.

● BITE BLOCKS

Bite blocks are used when a patient bites down and a tooth “bites” on a bracket. Bite blocks are placed to prevent unnecessary breakage. Bite blocks are tooth-colored dots of glue placed on the upper or lower molar teeth. Once your teeth have moved and are no longer biting the braces, the bite blocks will be removed.



- Bite blocks are softer than teeth and will wear down. If you feel your bite touching the bracket or if your bite block wears down or falls off, you **MUST** let us know! This is not an emergency, schedule an appointment during regular office hours.

Dr. Turner will check your bite at regular visits and determine if bite turbos or bite blocks may be removed.

Remember

**Braces are a temporary
process that leads to
a lifelong healthy smile!**

We are excited to have you join our practice!

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