



GUIDE TO ORAL HYGIENE & APPLIANCE INSTRUCTIONS

(905) 356-7919
KAMATOVICORTHO.COM



ORAL HYGIENE

Brushing and flossing is important. Especially when you have braces or appliances in your mouth. We need to ensure that your gums and teeth remain healthy. Brush and floss after each meal or snack. It is important to maintain your normal periodic cleaning appointments with your general dentist during your orthodontic treatment.

Remember, good oral hygiene is mandatory to keep your teeth and mouth healthy. If you leave food and plaque on your teeth, it can cause inflammation of the gums, bad breath, decay, and permanent white spots.



Improper oral hygiene will lead to tooth decalcification or “white spots.” These are white scars that are permanent. It is very important to keep everything clean.

Your orthodontic treatment represents an investment in your future oral health and well-being. It is important to always take good care of your teeth especially while in treatment.

FLOSSING WITH BRACES

Flossing Tips:

- Floss after every meal or snack.
- Use a floss threader to aid in flossing. It will allow you to get the floss under the wire so you can clean between your teeth.
- Floss threaders and Superfloss can be used to help pass floss under archwires to facilitate flossing of the teeth.
- Remember, the more you floss, the faster you will get and the healthier your mouth will be.

Extra time will also be needed when flossing your teeth. Floss-threaders and Superfloss can be used to help pass floss under archwires to facilitate flossing of the teeth.

Step 1:



Step 2:



Step 3:



BRUSHING WITH BRACES

Brushing Tips:

- Grab your favorite fluoride toothpaste and a soft toothbrush. If you have an electric toothbrush such as an Oral B or Sonicare, please utilize it. Angle your toothbrush and move it in a small, circular motion to reach all the food particles. You may notice that you will have to replace your toothbrush or brush heads more frequently when wearing braces.
- Brush around all parts of your braces. Make sure that you also brush behind the teeth as well. Take care to remove all plaque and debris from the teeth.
- Brush your gums and tongue too. If you neglect to brush your gums, they will become inflamed and will bleed when you brush.
- You can also use an interproximal brush which will allow you to get around the braces better.
- Brush your teeth immediately after eating any meal, snack, or drinking a sugary beverage.
- Always brush your teeth in the morning and at night. If you cannot brush at lunch, rinse your mouth thoroughly after eating.
- After you are finished brushing, rinse thoroughly and inspect your mouth for loose or broken brackets. If you find an issue, please call our office.

STEPS TO BRUSHING WITH BRACES

Step 1:



Step 2:



Step 3:



Step 4:



Step 5:



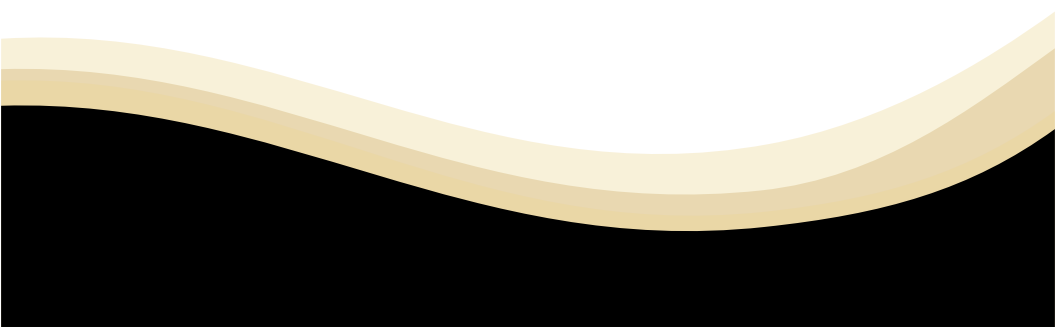
Interproximal Brush



EATING WITH BRACES

To take care of your braces and to avoid damage, which could extend treatment time, avoid foods that are hard, crunchy, or sticky. For the first few days after getting your braces or having an adjustment, eating soft foods will be the easiest and most comfortable to eat. In general, avoiding foods known to break brackets help to ensure the best and quickest treatment with less office visits. Limit sugary foods and drinks to avoid decay. Cut your food into bite-sized pieces and cut meat off the bone or corn off the cob.

Foods to avoid:

- **Hard Foods** - Hard Breads, Apples, Carrots, Ice, Nuts
 - **Sticky Foods** - Gum, Caramels, Taffy, Granola Bars
 - **Crunchy Foods** - Popcorn, Tortilla chips, Pretzels, Seeds
 - **Tough Foods** - Pizza Crust, Bagels, Steak, Meat on a Bone
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ALIGNER CARE



One of the best things about Aligners is the minimal impact it has on oral hygiene. Aligners are easy to care for. Here are some tips on how to make the most out of your experience.

Maintain Oral Hygiene

It is important to maintain oral hygiene throughout treatment. Aligners are removable so you can continue to brush and floss like you normally would. It is also recommended that you use a rinse to help keep your teeth strong and healthy.

Eating

Please remove your aligners every time you eat and drink. You may leave your aligners in when you are drinking plain, cold water. If you have a sugary beverage or snack, please brush your teeth or rinse your mouth with water prior to replacing your aligners.

ALIGNER CARE

Sports

For most sports, you can wear your aligners. If your sport requires a mouthguard, simply remove your aligners and wear your mouthguard. Once your practice or game is finished, put your aligners back into your mouth.

Cleaning

Clean your aligners at least once per day. To clean your aligners, you may use toothpaste and a toothbrush or over the counter products such as Polident Fresh-Cleanse.

Aligner Issues

If you lose your aligner, please contact our office for further instructions. Please let us know what aligner number you are currently wearing and how long you have been wearing it. If one of your attachments comes off, please contact our office to make an appointment to have it replaced.



APPLIANCE INSTRUCTIONS

Rubber Bands

Based on your individual treatment, you may be required to wear rubber bands. Rubber bands helps to fit the upper teeth with the lower teeth. It is important to comply and follow instructions as the teeth and jaw cannot move into the correct location without the use of rubber bands. The more precisely you cooperate and follow Dr. Kamatovic's instructions, the quicker things will move into place.

Spacers/Separators

Spacers look like little blue doughnuts. They are placed between your teeth in order to make space to fit your appliance. They are removed prior to appliance placement. Here are some helpful tips on spacers:

- Please avoid sticky foods
- Please do not pick at the spacers
- Avoid flossing in the area where your spacer is placed
- If a spacer is lost, please call the officer for further instructions
- If you become sore, you can take whatever you usually take for a headache.



Retainer

Wearing your retainer is just as important as wearing your braces or Aligners. Here are some helpful tips to keep your teeth in position:

- Wear your retainer as instructed by Dr. Kamatovic.
- Take your retainer out of your mouth to eat or drink. Remember to put the retainer in its case when it is outside your mouth.
- Keep your retainer away from pets or it will end up being a very expensive chew toy.
- To clean the retainer, brush it thoroughly once a day with a toothbrush and toothpaste. Use cold or lukewarm water. You may also use denture cleaner or retainer cleaner tablets.
- If you lose or break your retainer, please call our office.
- Always bring your retainer to your appointments.
- Remove your retainer when you go swimming.
- Do not leave your retainer in a hot car.
- Do not put your retainer in the dishwasher.
- **Do not wrap your retainer in a napkin. This is the #1 way patients lose their retainers. Always put the retainer in its case when it is outside your mouth.**
- Retainers are breakable. Please treat them with care.



APPLIANCE INSTRUCTIONS

Palatal Expander (RPE)

A rapid palatal expander is a type of appliance that widens the upper jaw. In some cases, it is necessary to expand the upper jaw so that it will fit properly with the lower jaw. In other cases, it is used to create room for crowded teeth or used to correct a cross bite. Once the expander is activated to the proper width, the expander is held in place until new bone is formed. The palatal expander is activated by a key that is inserted into the mouth. What to expect when wearing the expander:

- After a turning, the patient may feel a little pressure/discomfort. This feeling should go away after several minutes. If discomfort persists, take whatever you take for pain such as Tylenol or Advil as directed.
- Remember if the expander is poking or rubbing put wax on the area. If the expander becomes loose or the irritation persists, please call our office.
- Avoid hard, sticky, or crunchy foods including popcorn.
- To clean the expander, brush every part of the appliance 2-3 times a day.

Distalizer Appliance

The Distalizer appliance is used at the beginning of treatment to help with overbite. Once the molar position is corrected, braces or aligners are placed to align the rest of the teeth. Here are some helpful tips to get the most out of the Distalizer:

- Replace your rubber bands twice a day.
- If our appliance detaches from your teeth, please call our office to have it reattached.
- Feeling some discomfort is common. You may take whatever you use to relieve a headache to make you more comfortable.
- Try to avoid hard or sticky foods that can get caught in or break the appliance.
- Please use the proper rubber bands given to you by Dr. Kamatovic.



Springs

The SPRINGS are used to reduce overbite problems. It improves the fit of the teeth and is generally worn for 6-9 months. What to expect:

- Getting comfortable with the appliance can take several days. As you are getting used to it, you may use wax or salt water rinses to ease any irritations.
- Your bite may start to feel like your teeth do not fit together. This feeling is only temporary and will improve as the teeth adjust.
- Avoid hard or sticky foods that can get caught in or break the appliance.
- Brushing your teeth and the SPRINGS after meals is recommended.
- The appliance is designed to move with your normal mouth movements during eating and speaking. However, it is recommended not to open your mouth extremely wide or the appliance will break.
- Please call the office with any questions or any issues that may arise.

GENERAL CARE

General Soreness

When braces are first applied or after adjustments, you may feel general tenderness/soreness for a couple of days. Soft foods may help until the soreness subsides. Patients can take their normal headache reliever for pain.

Loss of Spacers, Colour Ties, Rubber Bands

If your spacers/separators or color ties are lost, or you lose/run out of your rubber bands, please contact our office. We will give you further instructions on what to do next.

Wire/Bracket Irritations

The wires/brackets may cause initial irritation of lips/tongue/cheeks. Wax is a great option to cover the irritating part. Make sure the area is dried with a q-tip or Kleenex before applying wax. Saltwater rinses can also help irritated areas. Mix a teaspoon of table salt with an 8oz glass of water. Swish and spit a few times a day. If the irritation doesn't subside, [call or text the main office line \(905\) 356-7919](#) and we will arrange an appointment to help.

Loose Wires/Wire Pokes

Use tweezers to attempt to put the wire back in place or use an eraser end of a pencil or q-tip to bend the wire away from the cheek. Also attempt to apply wax to the area. The wires can also be cut with a nail clipper that has been washed and sterilized with alcohol. If you need additional help, [call or text the main office line \(905\) 356-7919](#) and we will arrange an appointment to help.

Loss of Spacers, Color Ties, Rubber Bands

If a bracket or band becomes loose or comes off, please call our office to determine appropriate next steps. Until you can get into the office to see us, you can push the loose bracket up against an adjacent bracket and secure it with wax if it is irritating to the patient.

View our
online demos of
the above
instructions



EMERGENCIES

Emergency Guidelines

There are very few true orthodontic emergencies, but when they do occur, we are always here to assist you. In the event of the emergency, please call our main office line (905) 356-7919 first for advice.

For after hour emergencies that require Dr. Kamatovic's immediate attention, please text our after-hours line (905) 650-7918 and he or one of the team members can provide after-hours assistance.

While uncomfortable, wire pokes, broken braces, loose retainers or appointment inquiries are to be directed to the main business line (905) 356-7919 and will be responded to as soon as possible.



SPORTS & DIRECT INJURIES

If you play contact sports, it is essential that you wear a mouthguard. Please ask any of the Kamatovic orthodontic staff members about the different kinds of mouthguards available.

In the event of a direct injury to your mouth or teeth, **please contact your general dentist as soon as possible**. Your general dentist will need to evaluate you for possible tooth fracture and to determine the extent of the injury. If your braces/appliances become dislodged, please call the office after you have seen your general dentist.





CREATING BEAUTIFUL SMILES
IN THE NIAGARA PENINSULA

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