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PURE ORTHODONTICS DO'S AND DON'TS

PLEASE READ all the following information regarding your orthodontic care & treatment **CAREFULLY**. These instructions are for your benefit and will help your treatment go much smoother if followed.

TOOTHBRUSHING: Ideally, we would like our patients to brush at least 3 times daily: in the morning, at lunchtime, and at night before bed. We recommend using a SOFT-bristled toothbrush and replacing it every 3 months. If you cannot brush after a meal, it is helpful to rinse your mouth with water to remove and loosen food particles. We recommend cleanings every 6 months unless otherwise specified by your dentist. Using electric toothbrushes and/or water flossers during treatment is fine. Use them at low speed to avoid loosening or breaking your orthodontic appliances and/or fillings. Swollen, red, or bleeding gums indicate that the patient is not cleaning his/her gums properly. If this occurs, you must continue to brush your teeth and massage your gums even if they hurt and/or bleed to regain your healthy smile. Tooth brushing while in your orthodontic appliances takes time and should not be rushed. You will be shown the proper brushing technique the day your braces are put on.

FLUORIDE MOUTHRINSE: We recommend using a rinse as an added protection to help fight against cavities and teeth staining. Permanent stains on your teeth around your braces occur only when you do not thoroughly remove food, plaque, and bacteria from your teeth and gums. Instructions for use: after you have thoroughly brushed your teeth before bedtime, rinse with 1 teaspoon for 1 minute and spit out. **DO NOT SWALLOW.**

ORABASE OINTMENT: We recommend using this ointment for canker sores, cuts, and irritations. Please be aware that canker sores can be uncomfortable and can take as long as 2 weeks to heal.

ORTHODONTIC WAX: Wax is used if your braces are rubbing or poking the inside of your mouth and may be necessary until the inside of your mouth becomes accustomed to your braces. Wax usage is an individual choice and may be placed on the brace or wire that is irritating you. Don't worry if you happen to swallow some wax. It isn't harmful. Do not chew the wax. It is sticky and could loosen your appliances. We recommend keeping a pack of wax on you at all times.

FOODS TO AVOID: Attached is a food list with some specific items listed. We ask that you stay away from foods that are sticky & chewy and/or hard & crunchy. Please use common sense to determine what you can or cannot eat, as it is impossible for us to list every item to avoid. Foods that are sticky and chewy tend to pull & tug on the metal in your mouth. Although it might not happen immediately, the cement underneath your braces will begin to loosen after prolonged chewing. Loose braces or broken wires are **NOT AN EMERGENCY** and do not require immediate attention unless you are in pain. Please be careful!!

IF SOMETHING BREAKS: Loose and/or broken brackets mean the same thing: a repair must be made. Call our office and let us know if something breaks and if you are in pain. We will evaluate your situation and make an appointment accordingly. If you are not in pain, the repair **CAN WAIT** until our office has the appointment time. If you are in pain, we will make you an appointment to alleviate the pain and make you comfortable by removing the braces and/or clipping the wire. The repair will not be done at that time and a repair appointment will be made if it cannot wait until the next regularly scheduled appointment. Repairs **CAN NOT** be scheduled during prime office hours. We understand accidents will happen and something might break. However, if you are constantly breaking your braces, there will be a charge for repairs (you will be informed of any charges before they occur). We recommend that the patient pay for their own repairs. If you call our office and we are closed, please leave a message. We will return your call when the office reopens. **DO NOT** call the emergency number to report broken appliances. This is strictly for emergencies such as pain, getting hit in the mouth, etc.

MATERIALS USED: Please be aware that the office uses **ONLY** the highest quality materials. When appliances break, it is usually an accident and/or carelessness on the part of the patient.

WHAT CAN DELAY TREATMENT: Broken appliances, missed appointments, not being seen every 4-6 weeks, not wearing headgear, not wearing rubber bands, poor oral hygiene, and Mother Nature (growth & development).



PURE ORTHODONTICS DO'S AND DON'TS

MUSICAL INSTRUMENTS & BRACES: You can play an instrument while in orthodontic treatment. It will feel different, and you may need to position your lips differently.

CAMP & BRACES: Many of our patients leave during the summer for camp. We will supply you with plenty of wax and rubber bands if needed. We prefer to see you right before you leave and as soon as you get back. Most camps have an orthodontist nearby for emergencies.

PAYMENTS: PAYMENTS ARE DUE EVERY MONTH UNTIL YOUR BALANCE IS PAID. IT DOES NOT MATTER IF THE PATIENT IS SEEN OR NOT. THE MONTHLY PAYMENT PLAN IS SET UP FOR YOUR CONVENIENCE.

FOODS TO AVOID DURING ORTHODONTIC TREATMENT

DO NOT EAT STICKY AND/OR CHEWY FOODS:

- GUM of any kind
- Caramels
- Jelly Beans
- Licorice
- Milk Duds
- Now & Laters, Tootsie Rolls, or Gumdrops
- Bagels & soft pretzels (too doughy)
- Snickers, Milky Way, Baby Ruth, Butterfingers, Twix, etc.
- Gummy bears, Swedish Fish, Sour Patch Kids, Starburst, Laffy Taffy, and Skittles
- ANYTHING ELSE THAT FALLS UNDER THIS CATEGORY

DO NOT EAT HARD AND/OR CRUNCHY FOODS:

- CHIPS (Fritos, Doritos, Pretzels, etc.)
- Cookies (unless soft)
- Hard Candy (Life Savers, Lollipops, Jaw Breakers, etc.)
- Ice Cubes
- Pizza Crust
- Peanut Brittle
- POPCORN
- Nuts of any kinds
- Corn on the cob (remove the cob)
- Nerds
- Meat on the bone (ribs, pork chops)
- Ice Cream Cones
- Chewable Vitamins
- DO NOT play with your braces. Keep your fingers out of your mouth.
- DO NOT chew on pens or pencils.
- ANYTHING ELSE THAT FALLS UNDER THIS CATEGORY

PLEASE USE COMMON SENSE - BRACES ARE BREAKABLE - BE RESPONSIBLE