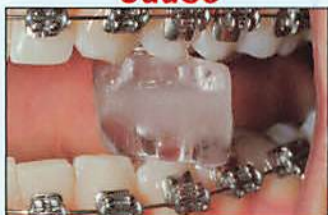


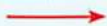
PREVENTING PROBLEMS WITH BRACES

Cause

Effect



Biting Ice



Bracket Loose



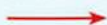
Chewing on Pens or Pencils



Bent Archwire, Bracket Loose



Chewing Caramel



Band Loose



Biting Whole Apple



Bracket Displaced



Special Caution

Drinking sodas while you have braces may cause permanent damage to your teeth.



Sugar + Plaque = Acid → Swollen Gums + White Spots + Decay



Crunchy Granola Bar



Popcorn



Hard Candy

THESE CAN BREAK YOUR BRACES



Picking



Crunchy Foods



Gum

4 Things That Can Shorten Treatment Time

1) Keeping Your Appointments and Being on Time

Each missed appointment can lengthen treatment time by about a month.

2) Not Breaking Your Appliances

Broken appliances can stop or reverse treatment progress. *Please be sure to wear a mouth guard to protect your teeth and braces when participating in contact sports.* Extensive repairs may require an appointment during school or work hours.

3) Wearing Your Elastics and Appliances as Instructed

Your teeth won't move if instructions are not followed.

4) Keeping Your Teeth and Braces Clean

All efforts should be focused on designing your new smile, not on unhealthy teeth and gums. Clean teeth with healthy gums move faster.



Excellent
Brushing and
← Flossing



Beautiful Final
Result →



Poor
Brushing and
← Flossing



White Spots
and Swollen
Gums →



Plaque Swollen Gums

Unhealthy
Gums Caused
by Plaque
← Buildup

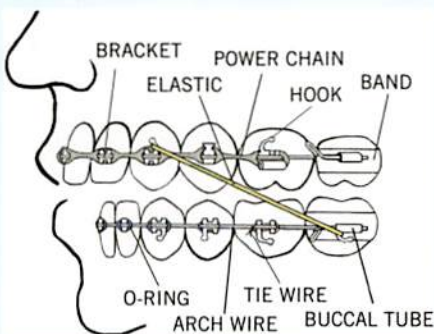


Decalcification
From Poor
Brushing →

If something is loose or broken, please call during office hours. It's best not to wait until your next appointment. Place any piece that comes off in an envelope and bring it with you.

Use this diagram to tell us what is loose or broken. →

In the unlikely case of discomfort that you cannot manage, we are available when you need us.



Southern Nevada Orthodontics
(702) 909-2900
Dr. Byron Tam