



Getting Started



What you need to know

**YOUR SMILE IS YOUR
BEST ACCESSORY!**



WOW!

CONGRATULATIONS!

Thank you for choosing
Bernstein Orthodontics!



Effort on your part increases your reward.
The more you put into your treatment,
the better the results - We'll teach you how.

SCHEDULING AN APPOINTMENT



For the most flexibility in scheduling, you must schedule your next appointment **before leaving** your current appointment. Your time is very important! Because we value your time we ask that you call ahead to schedule your appointment, instead of walking in, so we can give all patients our full attention.

Our scheduling coordinators are available **M-F 8:30 - 5:00** to assist you with all of your scheduling needs. We set aside time every day in our schedule for extra appointments, such as: pokey wires, broken brackets and broken retainers.

FOOD & BRACES



Sticky, chewy, hard, crunchy foods can cause damage to your braces by breaking them or causing them to detach from your teeth. These foods can also damage the wires by bending or breaking them.

NO!



YES!

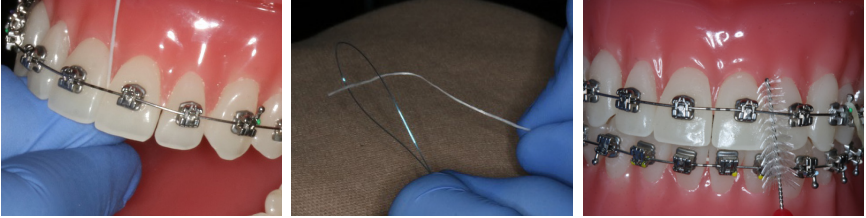


CLEAN! CLEAN! CLEAN!

Brushing & flossing your teeth while wearing braces will present more of a challenge, since there are more places for food & plaque to collect. You should brush your teeth a minimum of 3-4 x daily. Flossing should be done nightly.

If you don't have the opportunity to brush after lunch, rinse your mouth thoroughly with water and brush your teeth as soon as possible. You should brush your teeth for **3 minutes at a time**. If proper oral hygiene is not followed during treatment you are at risk for decalcification, white spots, and staining of teeth and cavities.

FLOSS LIKE A BOSS!



DON'T RUSH THE BRUSH



WATERPIK/WATER FLOSSER
Available for purchase on Amazon.

RUBBER BANDS

Nothing progresses your treatment **FASTER** than diligent rubber-band wear. The rubber-bands will help fix your bite. We cannot stress enough the importance of wearing them **as instructed**.

Wear your rubber-bands **24/7** unless instructed otherwise.



These are all different examples. Don't worry, depending on your case, you might not have to wear all these combinations! Just make sure to wear them as instructed for faster treatment!

WAX & SORENESS

If your wire or bracket is irritating you, and you have a sore spot, be sure to dry and apply wax to the offending part. As a last resort, you can use sugar free gum temporarily until you get some wax.

How to Apply Wax

Take a small ball of wax and wrap it around the offending area. The trick is to make sure that the area is completely dry or else it won't stick. However, if you have a super wet mouth, you might want to try sugar free gum, instead of wax since it can be resistant to water.



SORENESS

Many of our patients find that Tylenol or ibuprofen help relieve soreness over the first few days and after follow up appointments.

Soreness and tenderness are normal and expected upon getting your braces put on. Keep in mind that your mouth and tissues will become accustomed to your new braces within a few days time and after follow up appointments.

TURBOS



They prevent you from biting onto your braces and breaking brackets
- Allowing for faster tooth movement

Turbos are also known as bite pillows, and can be a little uncomfortable at first, but will allow for faster treatment!

We usually place two Turbos but you **ONLY NEED ONE!**
So if one breaks, no need for alarm, we will repair it at your next regular appointment.

If you ever notice that you are biting your brackets, or that your upper+lower brackets are hitting. Please call the office to schedule an appointment.

Turbos separate the teeth to, "unlock" the bite from the opposing teeth which allows them to move easier and faster! Eventually turbos wear down as you chew and eat, It's okay! We examine your bite at every appointment and will let you know when the turbos can be removed.

It is normal and expected for eating to be difficult after the application of Turbos. We recommend that you cut your food into smaller pieces, to make eating easier.

CINCH-BACKS

When you first get your braces, the first wire will usually not run all the way back. Therefore our staff will place a curl (cinch-back) to hold the wire in place.



If the cinch on the wire comes undone for any reason, it **is not** an emergency. If the wire starts to poke or becomes uncomfortable, you can apply wax and call us to schedule an appointment. If it doesn't bother you, this can wait until your next visit. To save you a trip to the office.

OPEN COIL SPRINGS & TONGUE TAMERS

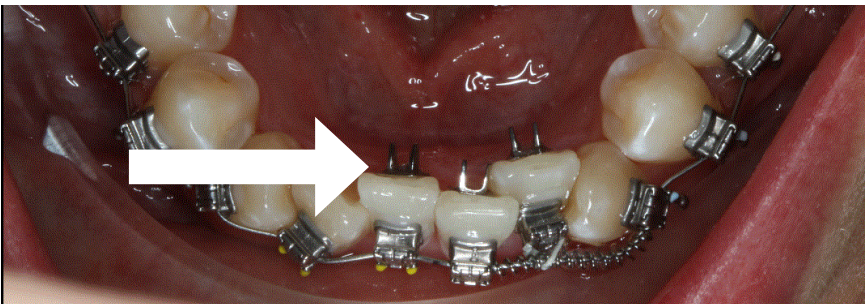
Open Coil Springs:

A compressed spring helps to lightly open space for erupting teeth. Open coil springs may cause some discomfort early in treatment, as space is being made for incoming teeth.



Tongue Tamers:

Tongue tamers are a very important part of your orthodontic treatment to modify your tongue habit. It is normal and expected for tongue tamers to cause some discomfort until you have properly adjusted. To make the tongue tamers less irritating to the tongue, rest your tongue at the roof of your mouth when swallowing, or place wax on the tongue tamers for the first few days.



SEPARATORS

Separators are small elastics placed between the teeth. You may feel slight pressure or a “pushing” sensation; this is due to the pressure needed to allow the elastic band to squeeze through the contact of the teeth.



Once the separators are in place, you may notice that they feel as though a piece of food is caught between your teeth. It is normal to experience some level of discomfort within 4-6 hours after placement due to tooth pressure and movement. You must be cautious of the food you eat while having separators. Stay away from sticky foods! Especially bubble gum! If a separator falls out, please call us to replace it.



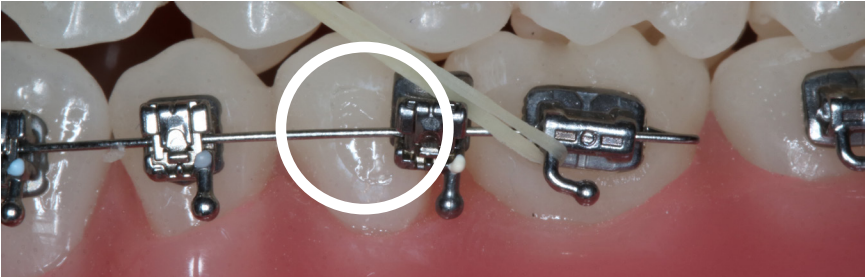
LINGUAL BUTTONS

If your treatment requires lingual buttons, these will be placed on the inside surface of your teeth. They are used for a number of reasons, from closing space to wearing rubber bands. They may be a little uncomfortable and take a few days to get used to. If one of these buttons breaks, please give us a call to make an appointment and we will repair it.



WHAT IF A BRACKET BREAKS?

If you have a broken bracket that is sliding on the wire. **IT'S OK** and not an emergency. In most cases, the repair can wait until your next scheduled visit. Please give us a call and we will let you know if you should come in sooner than your scheduled visit.



BABY TEETH

We pay attention to your child's loose baby teeth, and we may run the wire over the bracket of a loose tooth. This helps guide the tooth to fall out naturally. You can expect the tooth to be a little sore.

Occasionally a baby tooth may fall out in between your visits, and may cause a tooth to dangle on the wire. The Tooth Fairy pays extra for these special teeth! If this happens, attempt to open the bracket door and remove the tooth. If this is not doable and is causing discomfort, give us a call and we can get you in to remove the tooth.



COLORS



These are not necessary with the latest technology braces however they can be used to decorate as long as your brushing is A+

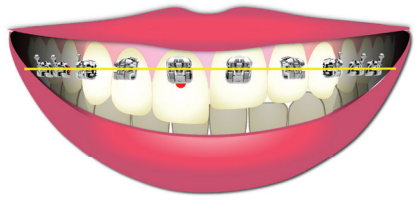


S.A.P. Smile Arc Protection

Your dentist will tell you that your brackets are placed incorrectly.
THEY ARE NOT!

Show this packet to your dentist if they are concerned with the bracket placement.

Smile Arc Protection brackets are placed to enhance and protect the Vertical Incisor Position and Smile Arc of the incisal edges.



SAP
Approach

Traditional
Approach

- ✓ Greatly Improved Aesthetics
- ✓ Better Control of Axial Inclination
- ✓ Lines Up the Contact Points
- ✓ Improves Performance of the Appliance
- ✓ No more gingival swelling than usual, depending on patient compliance



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@BernsteinOrtho

**For News, Contests,
Giveaways and More!**

**SMILE,
IT LOOKS GOOD ON YOU!**



WOW!



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