

Congratulations on starting your journey with InSmile™ Braces! InSmile Braces are designed to discreetly and efficiently straighten your teeth, and proper care is essential to achieving the best possible results.

The following instructions will guide you through what to expect and how to care for your InSmile Braces so your treatment stays comfortable, effective, and on track.

## MANAGING DISCOMFORT

It's common to experience some discomfort in the first few days to a couple of weeks as your teeth begin to move. You may also experience sore spots on your tongue from InSmile Braces rubbing against them. Here are some tips on how to manage discomfort:

**Pain Relief:** Take over-the-counter pain relievers like ibuprofen (e.g., Advil®, Motrin®) or acetaminophen (e.g., Tylenol®) as needed, following the manufacturer's instructions.

**Mouth Sore Rinse:** Use an over-the-counter mouth sore rinse (e.g., Colgate® Peroxyl, Oral-B® Mouth Sore Oral Rinse) for at least your first two weeks in treatment or until the discomfort goes away. Follow the directions on the bottle.

**Orthodontic Wax:** Orthodontic wax or similar comfort products (e.g., OrthoDots®) may be used to cover any area irritating your tongue. If wax is needed, then roll a small piece of wax into a ball, flatten it, and place it on the bracket or wire that is bothering you. For best results, dry the area with a tissue before applying so it adheres properly.

**Soft Foods:** During the initial adjustment period, stick to soft foods such as soups, yogurts, pasta, and smoothies until you feel ready to eat normally.

**Stay Hydrated:** Drinking plenty of water can reduce mouth dryness and help prevent sore spots.

## ORAL HYGIENE

Good oral hygiene is especially important when you have InSmile Braces on because brushing and flossing around brackets and wires can be more challenging.

**Brushing:** Brush three times daily – in the morning, after lunch, and before bedtime. Angle your brush in three ways: above the brackets, below the brackets, and toward the gumline. Gently brush each area and at each angle for about five seconds. Brushing thoroughly should take at least two minutes each time.

**Flossing:** Floss once daily. The loops on the wire in between each of your teeth allow you to floss normally.

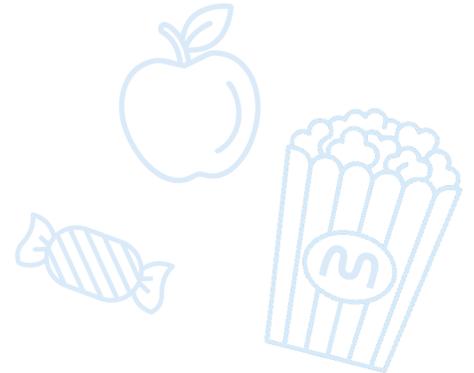
**Water Flosser and Interdental Brushes:** Use a water flosser (e.g., Waterpik®) and interdental brushes as needed to help remove any food stuck between your teeth and InSmile Braces.

**Mouthwash:** After you're adjusted to InSmile Braces and are no longer using the oral mouth sore rinse, use an anticavity fluoride mouthwash twice a day – in the morning and before bedtime. Any of the major mouthwash brands like Listerine®, ACT®, or Crest® work well.

## ADJUSTING YOUR DIET

**Avoid hard, sticky, and crunchy foods:** We used a specially formulated dental glue to attach InSmile Braces to your teeth, but like anything that's connected by glue, it can break and become loose. If one of your brackets breaks off your tooth, it will stop working and will slow down your overall treatment. The most common way your braces break is from eating hard, sticky, and crunchy foods. Some examples of foods to avoid and some general tips are:

- ➔ Hard foods: Ice cubes, pizza crust, hard candy, whole apples, raw carrots
- ➔ Sticky foods: Gum, caramel, taffy, Starbursts, Tootsie Rolls
- ➔ Crunchy foods: Hard nuts, chips, popcorn kernels
- ➔ Cut hard fruits and vegetables like apples and carrots into small pieces
- ➔ Remove meat from the bone before eating (e.g., chicken wings, ribs)
- ➔ Avoid chewing on non-food items like pens, pencils, or fingernails



## SPEECH

It's common to experience some change in your speech in the first few days to a couple of weeks as your mouth adjusts to InSmile Braces. While you may feel and notice the change in speech, it is often more subtle than you realize where most people can't tell since they won't realize you have InSmile Braces on.

**Rainbow Passage:** The Rainbow Passage is used by speech pathologists to capture all the sounds in the English language. Read the Rainbow Passage out loud and practice any areas that you have trouble pronouncing.

## EMERGENCY CARE

**Loose Bracket or Wire:** If a bracket comes loose or a wire sticks out and is poking your mouth, contact your orthodontist as soon as possible. Use orthodontic wax to cover the area as needed until it is repaired.

**Heat Activation:** The InSmile wire is temperature sensitive where you may feel it tighten up with hot liquids and relax with cool liquids. This is normal, and it is not necessary to be seen for emergency care if you experience this.

## REGULAR CHECK-UP APPOINTMENTS

**Appointments:** Keep all adjustment appointments as scheduled with your orthodontist. These regular check-up visits ensure your treatment stays on track.

**Dental Cleanings:** Please continue seeing your general dentist for regular cleanings.