



BRACES CARE CARD



IT'S UP TO YOU TO KEEP YOUR BRACES CLEAN AND CARED FOR!

Thank you for trusting us with your smile! We are always here for you if you have questions. During office hours you can call or text us at (402) 423-8000.

After hours, we always have someone on call. Call the office to hear instructions on how to talk with someone from our team. Follow these tips below to make your experience easy!



FOODS/CANDY TO AVOID

- HARD/STICKY CANDY LIKE:
 - JOLLY RANCHERS
 - STARBURST
 - TAFFY
 - CARAMELS
- BUBBLE GUM
- HARD CHIPS
- POPCORN
- JERKY
- CORN ON THE COB
- SUNFLOWER SEEDS

*Whole fresh fruits and veggies like apples and carrots, as well as pizza crusts should be cut in small pieces.

*Do not chew on objects such as pens or pencils.



DRINKS TO AVOID

- ENERGY DRINKS
- SPORTS DRINKS
- POP
- NO CHEWING ICE



HELPING YOU

WHAT YOU FEEL

LOOSE BRACKET

WHAT TO DO

The seal created by the glue has been broken. This can wait until your next appointment unless causing you discomfort.

BROKEN ARCHWIRE

If a wire breaks, feel free to clip the wire with a finger nail clipper to stop any poking. Give us a call or text and we will check if we need to see you sooner than your next appointment.

POKEY WIRE

If a wire sticks out and causes irritation, try tucking it in with the eraser part of a pencil or dry it with a napkin and place wax over the wire.

SORENESS

To relieve soreness, rinse your mouth with warm salt water and/or take ibuprofen or acetaminophen.

COLORED ELASTIC FALLS OFF

Colors are just for extra hold and will not affect treatment if they come off. This can wait until your next appointment.

BRUSHING & FLOSSING



CONCENTRATE ON THE DANGER ZONE!

.....the space between the brackets and the gums!

1

Use a toothbrush with toothpaste. Place bristles at gum line and use circular motions.

2

Brush slowly, top & bottom, and make sure you brush around every tooth and bracket. Brush above/below the brackets, your tongue, and the roof of your mouth.

3

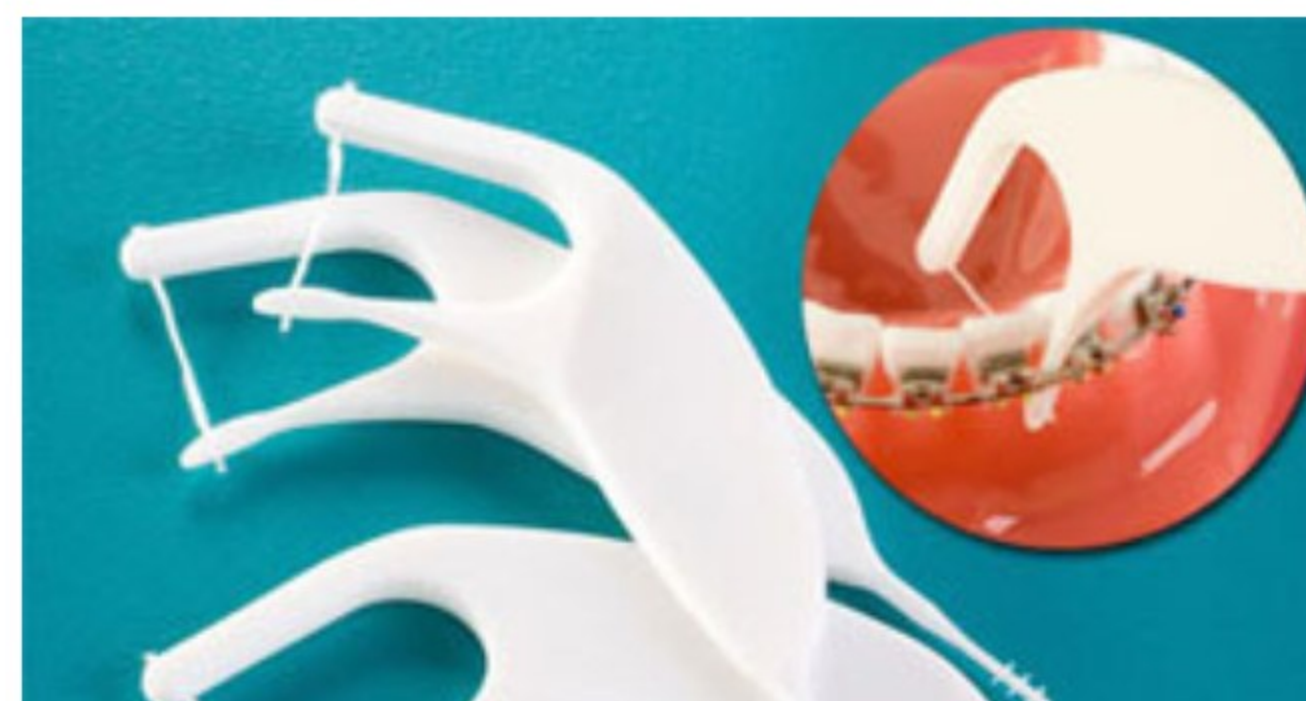
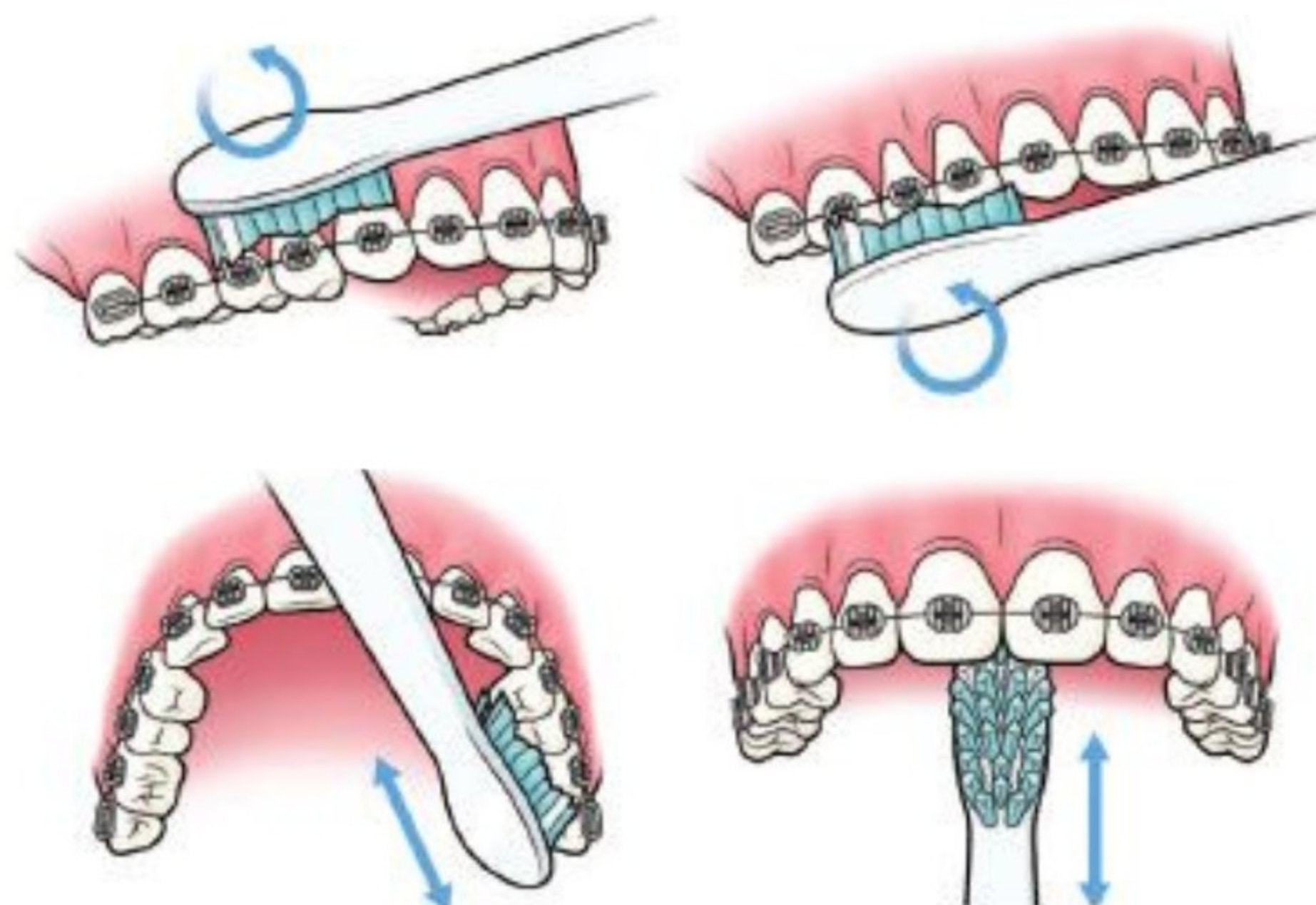
Use a Platypus tool to clean between the teeth up to the gums. Floss carefully around each tooth and the gum area.

!

Always make sure to brush at least 2 times a day!

!

Permanent white marks happen when plaque builds up around the brackets. This plaque produces acids that can wear away the enamel, the hard outer layer of your teeth. Avoid this by brushing and flossing often, and limiting sugary or sports drinks to once a week.



BRUSH AFTER EVERY MEAL!

If you cannot brush right away, rinse well with water.

FLOSS OFTEN BEFORE BRUSHING!

This will remove the plaque your toothbrush misses.

BRACES PROBLEM FOODS

Eating proper foods, minimizing sugar intake, and getting enough sleep are essential during orthodontic treatment. Your braces are precise appliances that can be damaged by eating hard foods. Some soft and sticky foods can cause tooth decay and loosen or dislodge your braces.

FORBIDDEN HARD FOODS

HARD CANDY, CHIPS, POPCORN, JERKY, ICE, NUTS, PIZZA CRUST, CORN ON THE COB



DO NOT SUCK
ON LEMONS,
LIMES, OR ICE

WHOLE FRUITS AND
VEGETABLES SUCH AS APPLES
AND CARROTS SHOULD BE
COOKED OR CUT INTO SMALL
PIECES AND EATEN CAREFULLY.

FORBIDDEN SOFT FOODS

STICKY CANDY LIKE GUM, STARBURST, TOOTSIE ROLLS, GUMMY BEARS, CARAMELS, TAFFY



AVOID
CHEWING ON
HARD
OBJECTS
SUCH AS PENS
AND PENCILS.

NO SUGARY
DRINKS LIKE SODA
POP,
AND NO ACIDIC
DRINKS LIKE PRIME,
GATORADE, AND
ALL SPORTS
DRINKS.



CONGRATS
ON YOUR

NEW SMILE!



IT'S UP TO YOU TO WEAR YOUR RETAINERS TO KEEP TEETH STRAIGHT & PROTECT YOUR BITE!

Thank you for trusting us with your smile! After removal of orthodontic appliances, gum tissues may be puffy, but they will go down and back to normal as you brush and floss. Because of this, please **wait 2-4 weeks to start any whitening.**

• Your retainers should fit like this. If they are not, let us know right away to replace it.



• They will be slightly tight at first but will loosen over time. Please call if there are any rough spots inside the retainer.

• It's very important to wear these retainers **every night** to prevent shifting.

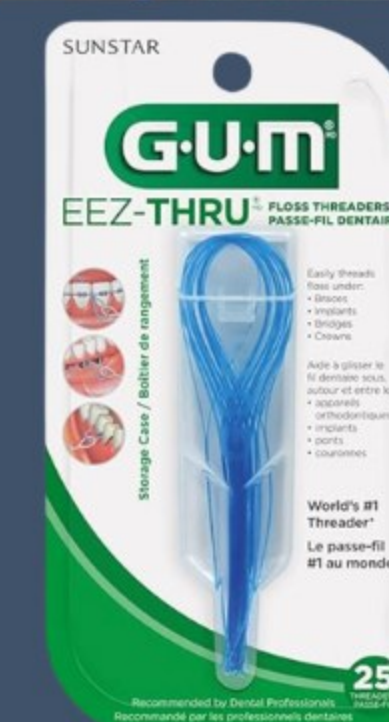
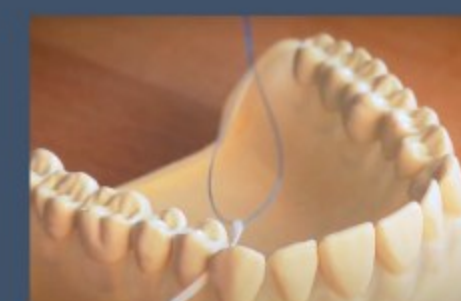
• Please let us know if your retainers are lost or broken. Replacing them as soon as possible is the **only thing that will keep your teeth from shifting.** Enroll in our Retainer Plus Program to make getting new retainers easy!

CLEAR RETAINER CARE

- Brush them with a toothbrush and toothpaste to keep clean.
- Keep them safe by storing them in the provided case.
- There will be a replacement fee for new retainers, unless you are enrolled in our Retainer Plus Program, available anytime. Ask us for information to make replacing retainers easy!
- If you do not have wire retainers behind your teeth, please wear your clear retainers full time for 6-8 weeks, then you may begin night time only.

PERMANENT WIRE CARE

- Brush your teeth like normal thoroughly around the wires and teeth
- Floss around your upper wire like normal.
- For the lower wire, use the provided threaders and floss underneath the wire between each tooth.
- A water flosser can be helpful for wire retainers.
- Make sure to see your dentist every 6 months for regular cleanings.





CONGRATS
ON YOUR

NEW SMILE!



IT'S UP TO YOU TO WEAR YOUR
RETAINERS TO KEEP TEETH STRAIGHT
& PROTECT YOUR BITE!

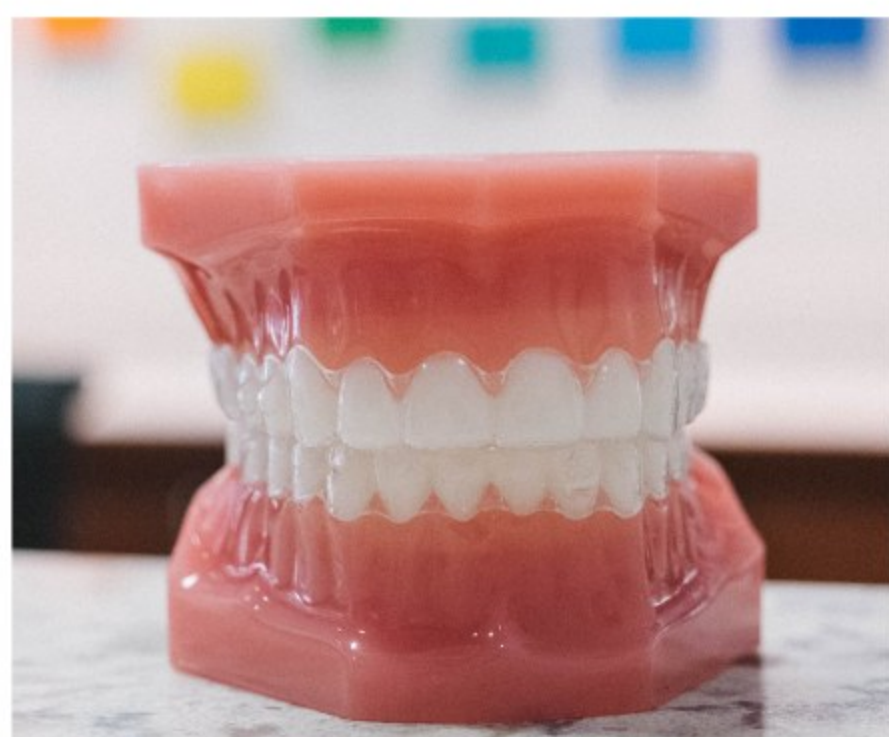


REMINDERS

- Any breakage of your wire retainers will be covered at no charge for up to 1 year after your braces are removed.
- If your clear retainers break or crack within one year of your braces removal, it may be eligible for replacement at no charge.
- Consider our Retainer Plus Program (easy & affordable retainer replacement long-term) or our Whitening options to keep your smile in shine bright shape!
- We will see you for one final appointment to compare before and after photos, as well as take final x-rays. Please remember to **bring your night time retainers** to check the proper fit at your final appointment.
- At anytime, please do not hesitate to reach out to our office if you have any questions or concerns regarding your new smile. Our doctors are always more than happy to discuss your smile outcomes with you!



RETAINERS CARE CARD



IT'S UP TO YOU TO WEAR YOUR RETAINERS TO KEEP TEETH STRAIGHT & PROTECT YOUR BITE!

- Please text us a picture at **(402) 423-8000** of your clear retainers in your mouth. Face a window so we are able to see clearly, like in this example.



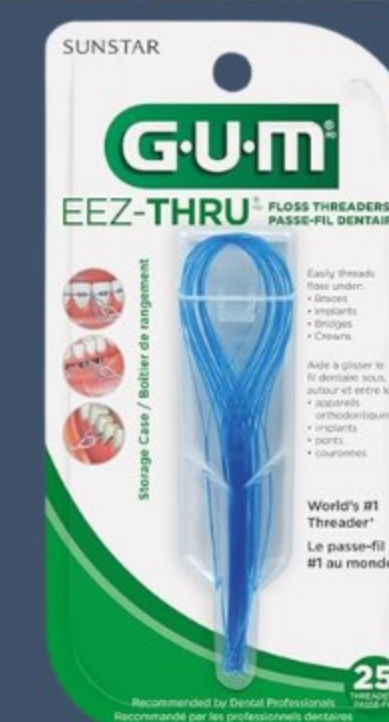
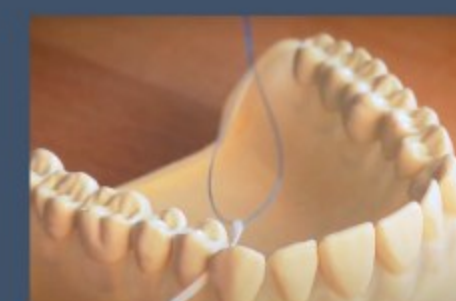
- They will be slightly tight at first but will loosen over time. Please call if there are any rough spots inside the retainer.
- It's very important to wear these retainers **every night** to prevent shifting.
- Please let us know if your retainers are lost or broken. Replacing them as soon as possible is the **only thing that will keep your teeth from shifting**. Enroll in our Retainer Plus Program to make getting new retainers easy!

CLEAR RETAINER CARE

- Brush them with a toothbrush and toothpaste to keep clean.
- Keep them safe by storing them in the provided case.
- There will be a replacement fee for new retainers, unless you are enrolled in our Retainer Plus Program, available anytime. Ask us for information to make replacing retainers easy!
- If you do not have wire retainers behind your teeth, please wear your clear retainers full time for 6-8 weeks, then you may begin night time only.

PERMANENT WIRE CARE

- Brush your teeth like normal thoroughly around the wires and teeth
- Floss around your upper wire like normal.
- For the lower wire, use the provided threaders and floss underneath the wire between each tooth.
- A water flosser can be helpful for wire retainers.
- Make sure to see your dentist every 6 months for regular cleanings.





HERBST CARE CARD



IT'S UP TO YOU TO KEEP YOUR HERBST CLEAN AND CARED FOR!

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FOODS/CANDY TO AVOID

- HARD/STICKY CANDY LIKE:
 - JOLLY RANCHERS
 - STARBURST
 - TAFFY/CARAMELS
 - STARBURST
- BUBBLE GUM
- HARD CHIPS
- POPCORN
- JERKY
- CORN ON THE COB
- SUNFLOWER SEEDS

*Whole fresh fruits and veggies like apples and carrots, as well as pizza crusts should be cut in small pieces.

*Do not chew on objects such as pens or pencils.



DRINKS TO AVOID

- ENERGY DRINKS
- SPORTS DRINKS
- POP
- NO CHEWING ICE



WHAT TO EXPECT

- The Herbst appliance holds your lower jaw into a more forward position to help fix your overjet. Normal opening and closing movements still occur easily, but it can take around 5-7 days to get used to this new feeling in your mouth.
- At first, your mouth will feel unusually full, and your bite may feel uncomfortable. Your cheeks can get sores as your mouth adjusts to your new appliance. We have provided you with wax to cushion these sore areas.
- Speaking and eating can feel awkward at first. Softer foods are recommended during the first week while you adjust to your new bite position. Reading out loud can help your normal speech return quickly.
- Brush around the Herbst appliance just like you normally brush your teeth. Do not play with the appliance with your tongue or fingers.
- Your Herbst appliance will be checked and adjusted as necessary at your appointments every 10-12 weeks.
- There are specific mouth guards for people who are wearing a Herbst. Ask our team if you need one for sports!

HERBST HELP



Please keep the hex wrench that is in your bag!

If the provided wrench is lost, the size is .05.

Occasionally, a screw on your Herbst may loosen. You will also receive a hex wrench so that you may tighten or replace the screw. There are four screws on your Herbst: two along the lower teeth and two on the upper teeth.

These screws are on the “arm.” Use the enclosed wrench to carefully place and tighten the screw back in the socket. Turn the wrench clockwise to tighten.



If it is not possible to tighten the screw back in, you should then remove the loose arm completely by unscrewing the lower screw (turning counter-clockwise). It is acceptable to wear only one arm mechanism until you can return to our office. Please bring the loose arm with you for your appointment, and call/text to find a time.



While you adjust to wearing your new Herbst, irritations may develop on your lips and cheeks. Our office will supply you with wax, which you may use to “cushion” the appliance to provide relief until any irritations heal. Your mouth will become accustomed to the appliance and in most cases these irritations do not persist for long.



If one of the metal crowns comes loose or a wire breaks, call our office as soon as possible to schedule an appointment.

BRUSH AFTER EVERY MEAL!

If you cannot brush right away, rinse well with water.

FLOSS OFTEN BEFORE BRUSHING!

This will remove the plaque your toothbrush misses.



INVISALIGN CARE CARD



IT'S UP TO YOU TO KEEP YOUR TRAYS CLEAN AND CARED FOR!

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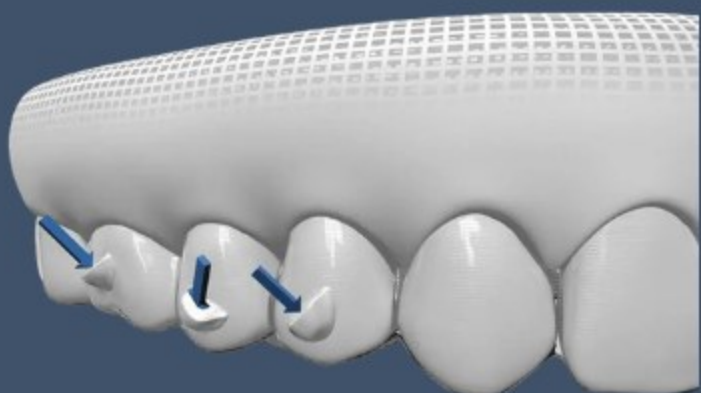
WEAR & CARE

- The key to success with your Invisalign is wearing your trays **22 hours a day!**
- Only take your trays out to eat, brush, and drink. It is okay to leave your trays in while drinking water.
- Brush your teeth and your trays inside and outside with your toothbrush and toothpaste morning and night. If you can brush your teeth and trays after every meal, please do so. If you are unable to brush after eating, simply swish well with water before putting your trays back in.
- When your trays are not in your mouth, store them in the provided cases. Keep them away from pets!
- Trays can cause your teeth to be sore. Please take ibuprofen or acetaminophen as needed for any pain. Remember to keep the trays in, even if your teeth are sore, so your teeth can adjust to their new position.
- If your trays have any rough spots, you are more than welcome to smooth the trays with a fingernail file or give us a call to schedule an appointment.
- Please keep the 1 previous set of trays in case the current tray you're on gets lost or broken. You can either go back to the previous tray if you just changed to new trays or go onto the next trays if you are close to changing.
- There is a number on each tray that corresponds with the packaging in case you need to double check the tray number.



HELPFUL HINTS

BUTTONS/ATTACHMENTS



- The tooth-colored buttons (also known as attachments) are there to help aid in tooth movement. They also give something for the tray to grip onto while the trays are worn.
- These buttons occasionally can fall off. This is not urgent. You can call the office to assess if we need to bring you in sooner than your next scheduled appointment.
- If a button where you hook up your rubber bands (if needed) comes loose, please call right away.



CHEWIES

- Please use the chewies we provide at the start of every new tray. You can use them for the first 1-3 days of a new tray for approximately 5 minutes in the morning and 5 minutes at night. This process helps to seat the trays firmly around all the teeth.



MY INVISALIGN APP

- Download the MyInvisalign app to get reminders of when to change your trays, take progress photos, and track wear time.



Permanent white marks happen when plaque builds up around the trays. This plaque produces acids that can wear away the enamel, the hard outer layer of your teeth. Avoid this by brushing and flossing often, and limiting sugary or sports drinks to once a week.

NEVER drink any pop or sugary drinks with your trays in, as it can rapidly decay your tooth enamel.

BRUSH AFTER EVERY MEAL!

If you cannot brush right away, rinse well with water.

FLOSS OFTEN BEFORE BRUSHING!

This will remove the plaque your toothbrush misses.



IPE CARE CARD

Invisalign Palatal Expander



IT'S UP TO YOU TO KEEP YOUR IPE CLEAN AND CARED FOR!

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FOODS/CANDY TO AVOID

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 - STARBURST
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- HARD CHIPS
- POPCORN
- JERKY
- CORN ON THE COB
- SUNFLOWER SEEDS

*Whole fresh fruits and veggies like apples and carrots, as well as pizza crusts should be cut in small pieces.

*Do not chew on objects such as pens or pencils.



DRINKS TO AVOID

- ENERGY DRINKS
- SPORTS DRINKS
- POP
- NO CHEWING ICE



WHAT TO EXPECT

- Your IPE will help widen your upper palate to fix a crossbite and/or make more room for your permanent teeth.
- It is normal for your IPE will fit very snug, especially at first. It may take the help of a parent to take the IPE out and put it back in.
- Please wear **full time, even when you are eating**. Take it out only to brush your teeth and change the trays. While you brush your teeth, make sure to brush the inside and outside of your IPE.
- Please follow the schedule your doctors give you on when to change your trays. If you do not hear your new tray “click” into place when first trying it in, wait another day to change into the new tray.
- The tooth colored button occasionally can come off. This is not urgent. At your convenience, call or text our office to see if an appointment is needed.



RPE CARE CARD

Rapid Palatal Expander



IT'S UP TO YOU TO KEEP YOUR RPE CLEAN AND CARED FOR!

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WHAT TO EXPECT

- Your RPE will help widen your upper palate to fix a crossbite and/or make more room for your permanent teeth.
- Your RPE is glued to your teeth and cannot be removed without help from the doctors. It will be your responsibility to activate it daily, which will gently widen your upper palate.
- The expansion of the upper palate is usually completed in 2-4 weeks. We will check your expander in approximately 2 weeks to see if more turns are needed.
- When the doctors have determined we have achieved the correct amount of expansion, you will stop turning the expander. The expander will then remain in place for 4-5 months longer to stabilize the expansion.
- There may be a bit of initial discomfort when turning the expander. The feeling of “pressure” or “itching” is common.
- It is common to see a gap open between your upper front two teeth. This is good and means we are getting palatal expansion!
- Excess saliva may accumulate for the first 24-48 hours. This is normal.
- Eating and swallowing with the expander may be difficult at first. Take small bites and chew food completely.
- Practice speaking with your new palatal expander. It will take about 1-3 days to adjust to speaking with it in.
- Make sure to brush around the expander so food doesn't lodge in it. A water flosser can help in this cleaning or swishing with mouthwash.

RPE DIRECTIONS



Here is what to do and what to avoid!

Following these directions will make this treatment successful.

Turn the wire portion of the key so that it points straight out toward the expander. Carefully insert the tip of the wire into the closest hole of the screw mechanism. While holding the plastic handle vertically with the thumb and forefinger, push the key toward the back of the oral cavity.

When it has been pushed to the point where the next hole of the screw mechanism appears, it has been pushed back as far as possible. Slide the wire out and down in the direction of the back of the oral cavity and remove.



If the RPE become loose on one side, gently rock it side to side. This will allow the glue to break away from the tooth so you can remove the whole appliance. Then please contact our office at your convenience for an appointment to evaluate.



FOODS/CANDY TO AVOID

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- BUBBLE GUM
- HARD CHIPS
- POPCORN
- JERKY
- CORN ON THE COB
- SUNFLOWER SEEDS

****Do not chew on objects such as pens or pencils.**



DRINKS TO AVOID

- ENERGY DRINKS
- SPORTS DRINKS
- POP
- NO CHEWING ICE

***Whole fresh fruits and veggies like apples and carrots, as well as pizza crusts should be cut in small pieces.**

BRUSH AFTER EVERY MEAL!

If you cannot brush right away, rinse well with water.

FLOSS OFTEN BEFORE BRUSHING!

This will remove the plaque your toothbrush misses.



SEPARATING ELASTICS

CARE CARD



IT'S UP TO YOU TO TAKE CARE OF YOUR SEPARATING ELASTICS!

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After hours, we always have someone on call. Call the office to hear instructions on how to talk with someone from our team. Follow these tips below to make your experience easy!



WHAT TO EXPECT

- We have placed a small elastic rubber band between your back teeth to make a little space so that your orthodontic bands can be placed more comfortably.
- These separators may make your teeth tender. Ibuprofen or acetaminophen may be taken to help.
- Do not eat chewy or sticky foods (like Starburst, caramels, taffy, gummy bears etc) or chew gum.
- After elastic separators have been placed, brush your teeth and gums very carefully but thoroughly--too rigorous of brushing may dislodge the separators.
- Avoid flossing in between the teeth where separators are placed--they can be pushed into your gums.
- Occasionally an elastic may come out when enough space is present. If you can floss there without the floss catching, it has made enough space and does NOT need to be replaced.



FOODS TO AVOID • BUBBLE GUM • STARBURST • TAFFY/CARAMELS • STICKY CANDY