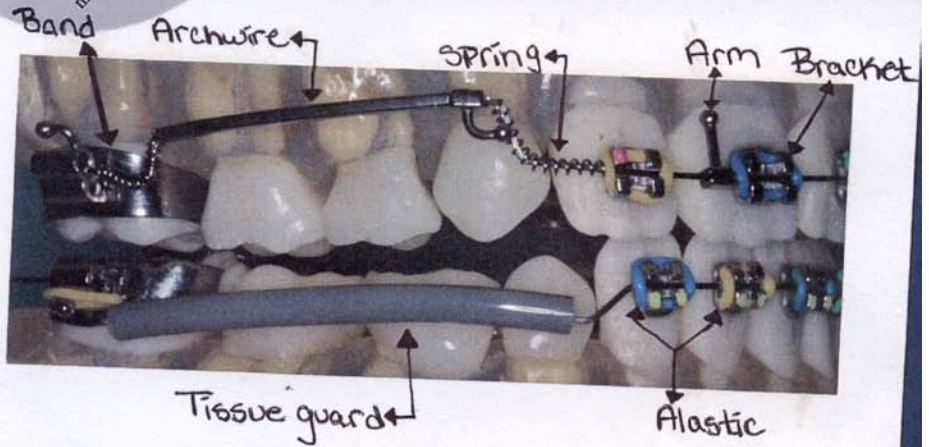


MPD ORTHO EDUCATION



*The fun colors that your child chooses each time you come in are **ALASTICS**.

Easily confused with **ELASTICS** which your child puts on daily at home.



BAND



Most often there are 4 bands in your child's mouth on his/her molars



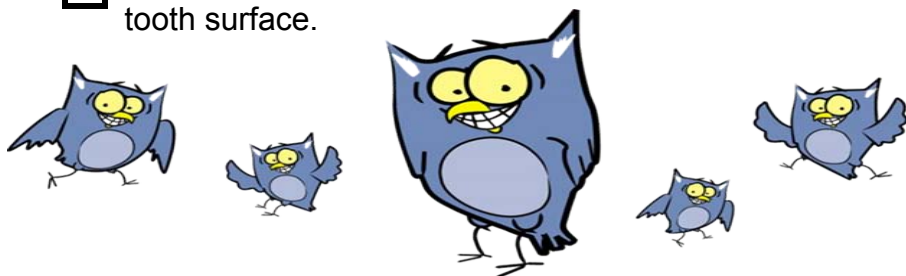
Bracket

Bracket The small metal square on each tooth.



Here are some common dental problems. We have checked the ones you should pay attention to:

- DEMINERALIZATION** means the loss of minerals from the tooth surface. This will cause a chalky white spot on your tooth, and it can lead to a cavity.
- GINGIVITIS** is swollen tissue around the teeth. It is the first sign of gum disease and can result in bleeding, swollen gums, or redness.
- SENSITIVITY** means that hot, cold, or sweet drinks or food cause pain.
- PLAQUE** is a sticky layer of bacteria that keeps forming on tooth surfaces and can be hard to see. Plaque needs to be removed continuously.
- TARTAR** is what occurs when plaque is left on the tooth surface and hardens.
- STAINS** can be below the tooth surface or on top of the tooth surface.



You can also find all of this information
on our web page
WWW.missoulapediatricdentistry.com.

At this visit, your score is _____

HANDLING ORTHODONTIC EMERGENCIES

Food caught between teeth



This is not an emergency, but can be a little uncomfortable. It is easily fixed with a piece of dental floss, also try using your water pik.

Loose brackets, wires or bands



If the brace comes loose the parent/guardian needs to be notified and they should call the office.

The bracket can be knocked off if the patient has eaten one of the "No-No foods", or if the mouth is struck at play. Patients especially those with braces, should wear a protective mouth guard while playing sports.

If the bracket is off center, notify the office. It may need to be fixed before your next visit.

If the loose bracket has rotated on the wire and is sticking out and the patient can not immediately be taken to the office, you can do a temporary fix to alleviate discomfort and prevent further damage.



Alastics come off



Tiny rubber bands or small wires called ligatures of alastics hold the wire to the bracket. If a rubber alastic comes off, you may be able to put it back in place using tweezers. If a wire ligature comes loose, simply remove it with tweezers. If the wire ligature is sticking out, poking the lip or gums, but not loose, it may be bent back with a Q-tip or pencil eraser

Irritation of lips or cheeks



Sometimes new braces can be irritating to the mouth, especially when the patient is eating. Relief wax makes an excellent buffer between metal and mouth. Simply pinch off a piece and place it completely over the area of the braces causing irritation. The patient may then eat lunch more comfortably. Let the patient know that if the wax is accidentally ingested it's not a problem.

The wax is harmless.

Protruding wire



Occasionally the end of a wire will work itself out of place and irritate the patient's mouth. Use a Q-tip or pencil eraser to push the wire so that it is flat against the tooth. If the wire cannot be moved into a comfortable position, cover it with relief wax. (See Irritation of Cheeks or Lips for instructions on applying relief wax.) The patient's parents will need to make the orthodontist aware of the problem.

In a situation where the wire is extremely bothersome and the patient will not be able to get to the dentist soon, as a last resort, you may clip the wire.

Reduce the possibility of the patient swallowing the snipped piece of wire by using folded tissue or gauze around the area. Use a pair of sharp clippers and snip off the protruding wire. Relief wax may still be necessary to provide comfort to the irritated area.

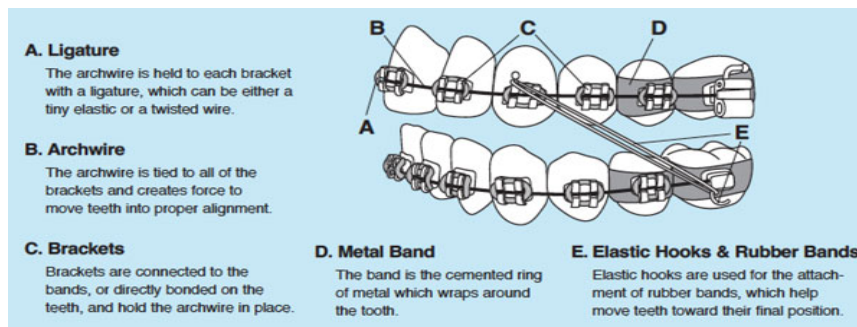
Discomfort

It's normal for a patient to have discomfort for a day or two after braces or retainers are adjusted, but it can make eating uncomfortable. Reassure the patient that the discomfort is both normal and temporary. Encourage soft foods. Have the patient rinse the mouth with warm salt water. If the patient is allowed to have over-the-counter pain relievers, Acetaminophen or Ibuprofen may be effective.

Mouth Sores

Some patients are susceptible to episodes of mouth sores. While braces do not cause them, they may be precipitated or exacerbated by an irritation from braces. One or several areas of ulceration of the cheeks, lips or tongue may appear. This is not an emergency, but may be very uncomfortable for the patient.

Prompt relief may be achieved by applying a small amount of topical anesthetic (such as Orabase or Ora-Gel) directly to the ulcerated surface using a cotton swab. Instruct the patient to reapply as needed.



Tools & Supplies

With these tools and supplies on hand in your clinic (most of which you already have), you will be prepared to handle the most common orthodontic emergencies.

Orthodontic wax	Dental floss
Sterile tweezers	Small, sharp clipper
Interproximal brush	Toothpicks
ibuprofen	Orabase or Ora-Gel Q-tips

You can find all of this information on our web page www.missoulapediatricdentistry.com

No No Food List

Hard foods

Hard pizza crust

Rice crispy treats

Doritos

Fritos

Cheetos

Hard taco shells

Bagels – (soften them in the microwave)

Hard candy

Lollipops

Lifesavers

Jolly ranchers

Now and laters

Beef jerky

Slim jims

Popcorn

Hard pretzels

Carrots and apples (slice into sticks and wedges)

Corn on the cob (remove form cob)

Hard granola bars

Nuts

Sticky Foods

Gum

Jawbreakers

Taffy and tootsie rolls

Caramels

Starbursts

Sugar daddys

Candy bars

Jelly beans

Skittles

Good and plenty

Milk duds

Fruit roll-ups

Licorice

Yes Yes Foods

pudding

Jell-o

Yogurt

Soup

Pasta

Rice

Mashed potatoes

Soft sandwiches

Fruit

Cheese

Cooked vegetables

Olives and pickles

Tuna salad

Macaroni and cheese

Chocolate bars without nuts or caramel

Reeses peanut butter cups

Peppermint patties

Ice cream or milkshakes

ORAL HYGIENE GRADING SCALE

A- Must be flossing a minimum of 4-5 times/week, healthy pink gums and no plaque visible

B- Gums healthy and minimal plaque

C- Plaque visible, swollen gums, decalcification marks starting to form on teeth. Warning for wire removal start here! NOT ACCEPTABLE!

D- No brushing, heavy plaque visible, swollen-bleeding gums, decalcification marks visible. NOT ACCEPTABLE

3 C SYSTEM

1st C- NO TV DURING THIS APPOINTMENT! Assistant will go over brushing and flossing technique with parent and patient. Show the areas that are being missed with the toothbrush. Explain to the patient and parent what can happen to the teeth if plaque remains along the gum line and brackets as far as decalcification marks. Explain to them that wires will come out at next appointment if OH grade does not improve. C card will be sent home with parents.

2nd C- NO TV AGAIN! Explain to patient and parent that wires will be coming out at this appointment for 2 weeks to allow patient to clean and get their gums healthy again. Peridex may be prescribed to help with infection and swollen gums. After 2 weeks if the gums are healthy we will replace wires and continue with treatment. C card will be sent home with parents.

3rd C- NO TV AGAIN! Wires will be removed once again for two weeks. If healthy upon return, we will continue treatment. C card will be sent with parents along with final warning notice.

4th C- Brackets removed and treatment will stop.

This is a TOTAL for the entire course of treatment. These C or D grades are not acceptable. On the 4th visit, wherever we are in treatment will cease. Impressions will be taken and retainers will be fabricated. Cost will be pro-rated and payment will be calculated to that specific date and any overages paid will be refunded.

We want healthy, straight teeth, but would prefer healthy, crowded or crooked teeth to decayed straight teeth.

Patient Signature

Parent Signature

Assistant Signature