



Placement of Braces or Invisalign Trays:

1. You may experience some pressure and discomfort on your teeth
2. Be gentle with braces and avoid chewing hard and/or sticky food.
3. Brushing and flossing around braces is sometimes challenging and time consuming, but very important.
4. Brushing and flossing in between every meal is important with Invisalign trays.
5. If a composite filling attachment continue wearing current aligner and make an appointment to see your general dentist or orthodontist at your earliest convenience.
6. If a bracket falls off, save bracket and make an appointment to see your general dentist or orthodontist at your earliest convenience.
7. To aid in aligner seating you may purchase “chewies” from a pharmacy or grocery store. You may also chew on the soft end of a q-tip.
8. Call our office if you have any questions.

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