

FREQUENTLY ASKED QUESTIONS

First day in braces

Most people say they feel pressure or tightness after getting braces and sometimes after adjustment appointments. Minor discomfort is normal for the first few days after you get your braces and after adjustments. Pain relievers such as Ibuprofen or Tylenol can help reduce these symptoms. Also, soft foods like pasta, eggs, bananas, soup or ice cream may help.

Eating with braces

During treatment, we suggest that our patients:

- Avoid all hard, sticky, chewy foods, hard chips, large hard pretzels, hard candies, gummy bears, taffy, etc.
- Sugarless gum or gum containing xylitol can be chewed occasionally. Please avoid regular chewing gum or bubble gum.
- Reduce the amount of soda and other sugary drinks.
- Be careful when eating hard foods like apples, pizza crusts and chips. Cut or break these into bite-sized pieces and chew gently.
- Cut corn off the cob and meat from bones.
- Don't chew on pens, pencils or fingernails.

Insurance

We welcome most insurance plans and will file claims as a courtesy to our patients. If you have specific questions regarding coverage, deductibles, copayments, you will need to contact your insurance company directly.

Payment options

We offer a variety of payment options including, cash, check, credit card and automatic payments.

Emergencies

Orthodontic emergencies are rare and usually involve a loose bracket or poking wire. If you are uncomfortable or have had an accident, please call our office as soon as possible so we can evaluate the urgency of the problem. If you need assistance outside of business hours, please call the Careline at 612-339-3663.

Broken braces

You can help yourself and us by letting us know about broken braces in advance of your appointments. This will allow us to schedule the additional time necessary to make repair and avoid having to reschedule an extra appointment. Shorter appointments provide only enough time to adjust the braces.

Retainers

Removing braces is the start of the retention period of your orthodontic care. Please remember that this part of your treatment is just as important as the movement phase in determining the success of your treatment. Once the teeth have been moved into their desired positions, a period of time is needed to stabilize the teeth so that the surrounding bone and soft tissues can conform to your dental alignment. Long-term retainer wear on a part-time basis will be recommended to maintain the changes that have been achieved.

Wisdom teeth

We believe that if wisdom teeth that are not causing problems and are not likely to be a future problem, they can be retained. However, most people are well-served by having their wisdom teeth removed. In our initial examination, we'll make an assessment of your wisdom teeth and provide you with information to help guide a decision.