

Patients & Parents

Please go to our website to view the full video of instructions on how to care for your new braces.

1. Go to Swensonsmiles.com

2. Menu

3. Existing Patients

4. Caring for Your Braces

When you are finished with the instructions video, text us with all of the *keywords* to earn extra points on your Swenson Card!



SWENSON
ORTHODONTICS



SWENSON
ORTHODONTICS

The Orthodontics Diet

Although patients are able to eat or drink many foods while in orthodontic treatment, there are certain eating habits that are known to cause breakage of orthodontic appliances and braces as well as increasing the risk of dental problems. Our aim is to achieve your treatment goals with as few disturbances due to appliance breakage as possible, and minimize the side effects of poor food choices. Remember, teeth move their best in a healthy environment and in individuals with excellent overall dental health.

Foods and drinks which your dentist has suggested may cause dental decay should be restricted while wearing braces. Sticky foods are to be avoided because of the increased risk of dental decay and appliance breakage. These foods stick to your braces and remain on your teeth for long periods of time. If foods or drinks high in sugar content are to be consumed, we advise having them with regular meals or at one given time of day. Please make sure that careful brushing and rinsing take place immediately afterwards. Snacks should be confined to foods without refined sugar and should be followed by brushing or vigorous rinsing if a toothbrush is unavailable.

Wearing braces limits the foods that you are permitted to eat. Improper foods can bend and distort wires causing treatment delays and extra visits for repairs. In general; hard, brittle, crunchy and sticky foods should NOT be eaten during orthodontic treatment. Hard crunchy foods can bend and break the braces and wires, while sticky foods may loosen them. Certain foods may be eaten if they are prepared in a special way. Whole fruits and vegetables or any raw foods such as apples, celery and carrots should be sliced and eaten carefully. Hard crusty breads should be broken and eaten in small pieces. Corn may be eaten if sliced off the cob.

Do not suck on lemons or limes (citric acid in juice can dissolve tooth enamel) and especially do not suck or chew ice cubes. Chewing ice cubes can be very destructive to your appliances and teeth. Keep fingernails, pencils and other objects out of your mouth. Do not put anything in your mouth that may tend to bend, break, pry, pull or knock off the braces. Popcorn can cause harm in multiple ways. The husks from the popcorn can become lodged beneath the braces and cause irritation to the gum tissue. Un-popped kernels can shear or break off brackets as well as bend or dislodge wires.

The following is a list of only some of the foods you should avoid as you should use your own good judgment when eating anything. No matter what you eat, please clean the teeth and gum tissue thoroughly after eating any food and especially before bedtime.

We don't want to ruin your life, but some of the foods you should avoid are:

Ice, nuts, popcorn, pizza crust, hard bagels, Doritos or other chips, candied apples or other hard or sticky fruit including fruit roll-ups, gum or sticky gooey things of any kind, whether sugar-free or not; any chewy, hard or brittle candy, treats, hon hons or sweets such as; taffy, caramels, nut rolls, jaw breakers, nougat bars, gummy bears, Jolly Ranchers, Sugar Babies, Twizzlers, Big Hunks, Bit-O-Honeys, Skittles, Sugar Daddies, Black Cows, Whoppers, Sour Patch Kids, Milk Duds, Firesticks, Tootsie Rolls, Starbursts, etc.



DIPLOMATE
AMERICAN BOARD
OF ORTHODONTICS

220 North 1200 East, Suite 202
Lehi, Utah 84043
Phone: 801-766-5500
Fax: 801-766-5605

swensonsmiles.com



SWENSON
ORTHODONTICS

Oral Hygiene

When you eat your teeth, braces and appliances collect food. If food is left on the teeth overnight, a thick plaque forms on the teeth and gums. Plaque causes bad breath, tooth decay, and gum disease (swollen, puffy, red, overgrown, or bleeding gums). Drinks and foods containing sugar can also damage the tooth surfaces and gum tissue. Bleeding and swollen gums are a sure sign that plaque is not being removed. If your gums are swollen and inflamed your teeth will not move as easily, you will experience more discomfort during your treatment and white or brown spots as well as decay will form on the teeth under and around the braces and appliances. It is discouraging to work hard to straighten teeth, only to finish and find decay and cavities on the teeth. The following is essential for the proper care of your teeth:

Soft bristled toothbrush - This is your most important weapon in the fight against cavities. Use your toothbrush after each meal and before bedtime. A travel brush placed in a purse or locker is great for brushing after lunch. Examine your teeth for food and plaque and thoroughly clean all surfaces of the gums, teeth and braces. Re-examine your teeth to make sure all visible food and plaque have been removed. Repeat this step as often as needed to assure that no visible plaque or food remains. Extra care must be taken in the area between your gums and the braces. Concentrate on brushing your gums and the gum line as well as your teeth. The most important time to brush your teeth is just before bedtime.

Electric toothbrush - An electric toothbrush may make brushing easier.

Dental floss - Although somewhat time-consuming, dental floss should be used when wearing braces or appliances. Floss at least once per day just before bedtime and use a floss threader if necessary.

Waterpik - We recommend the use of a Waterpik to loosen food and plaque before flossing and brushing. The waterpik should be used on the lower water pressure settings so the gum tissue is not excessively irritated. The use of a waterpik does not take the place of good tooth brushing.

Daily fluoride - The use of a daily non-prescription fluoride mouth rinse such as Fluoriguard reduces the possibility of getting cavities. Rinse for one minute after thoroughly brushing your teeth and gums. We especially recommend brushing with a prescription fluoride gel (Flouridex) just before bedtime to reduce the tendency for decalcification and decay around the braces. Use as directed on the bottle or tube.

A few tricks - Since most patients watch some TV, we have found it to be effective to sit down in front of the TV daily with a toothbrush without the toothpaste, and massage the teeth and gums with the toothbrush bristles for about 30 minutes. Thirty minutes gives you plenty of time to do a good job, and makes TV time more productive. Brushing while listening to music or studying is also acceptable. You may want to use toothpaste to freshen your breath, but don't use toothpaste during these 30 minutes. We want you to avoid the "once over lightly" technique. To concentrate better, you may use your left hand if you are right-handed and vice versa. The most important time to brush is just before going to bed. Take your time and do it right.

Regular dental checkups - Although you are having your braces checked regularly, it is very important to continue to see your family dentist at least every six months for a thorough examination and cleaning of your teeth. If you experience difficulty with your oral hygiene, you may need to see your dentist more often.



DIPLOMATE
AMERICAN BOARD
OF ORTHODONTICS

220 North 1200 East, Suite 202

Lehi, Utah 84043

Phone: 801-766-5500

Fax: 801-766-5605

swensonsmiles.com



SWENSON
ORTHODONTICS

Discomfort

It is normal to feel discomfort of the teeth and gums for a few weeks following placement of braces or appliances. If you want to take a pain reliever, take only pain relievers to which you know you have no sensitivity. Ibuprofen or acetaminophen can be dissolved in ounces of warm water and then rinsed vigorously. This will help keep your gums healthier and minimize bleeding and soreness. Don't be concerned if the teeth feel a little loose or wiggly as it is normal for the teeth to loosen so that they can move. You may start to develop a sore spot due to tissue irritation of your cheeks, lips or tongue. If this happens place a small ball of wax on the bracket or wire in that area. If you experience a direct blow or injury to your mouth or teeth, whether undergoing orthodontic care or not, you should be seen by your regular dentist as soon as possible. If a tooth has been knocked out, severely displaced, or fractured, it is best to contact your family dentist first, since we may not have the necessary materials needed to treat these injuries. Usually, an X-ray of the involved tooth or teeth is needed to evaluate the extent of injury. If the orthodontic appliances are dislodged or displaced, we may need to adjust or remove them. If you are unable to reach your family dentist or an alternate emergency facility, call this office and we will try to assist you in locating someone to care for the injury.

Your braces and appliances are made and cemented with the strongest materials available. Even though we use the strongest materials, the braces are fragile, and they are delicately attached to your teeth. If you are careful, they will remain on the teeth for your entire treatment. Special care must be exercised while eating so as not to loosen, break or bend the braces or wires. Do not wiggle the braces, wires, or appliances back and forth or up and down with the tongue or fingers as this will loosen or break them. If you bite too hard or eat something crunchy or sticky, the braces will gradually come loose or break. The braces may not come loose the first time you eat something you shouldn't, but as time goes on the cement or wires will gradually weaken until they break.

Your treatment fee does not include the cost of re-cementing or repairing loose, broken braces so please be careful. If something breaks or comes loose, call the office for a special appointment as this cannot be done during your regular appointment time. An additional fee may apply if repairs are needed frequently.

A loose band or bracket can generally be left in place until you come into the office. A broken wire, or one that is irritating the gum or cheek tissue can be cut with a cuticle nipper or fingernail clipper as long as you are careful to stop the wire end from jumping into the back of the throat. Place a cotton ball or Kleenex behind the wire portion you are going to cut, snip the wire and then remove the wire and cotton. You can also cover the end of the wire with wax or tuck it with a blunt object like a pencil eraser or a Q-tip.

If you need emergency attention, please call our office so that we can arrange for an emergency visit. Call the office as soon as possible to schedule an appointment to evaluate anything that is loose, broken or not fitting well. We will do our best to keep your waiting to a minimum when you arrive. Should you have an emergency after hours or on weekends we can be reached by calling our office phone number: (801) 766-5500.



DIPLOMATE
AMERICAN BOARD
OF ORTHODONTICS

220 North 1200 East, Suite 202
Lehi, Utah 84043
Phone: 801-766-5500
Fax: 801-766-5605

swensonsmiles.com



SWENSON
ORTHODONTICS

How to Earn Points with Reward Cards

TREATMENT SUCCESS

New patient exam	10 pts
Start comprehensive treatment	50 pts
Start Phase I treatment	25 pts
Existing Patient	25 pts
Braces off!	15 pts
Perfect brushing	4 pts
Good brushing	2 pts
Being on time for appointment	2 pts
Nothing loose or broken	2 pts
Wearing appliance as instructed	2 pts
Wearing elastics as instructed	5 pts
Less preferred appointment time	2 pts
Wearing practice t-shirt to your appointment	3 pts
Bring card to appointment	3 pts

PRACTICE PROMOTIONS

Referring a friend	50 pts
Office contest winner	50 pts
Online Hub review	10 pts
Like our practice Facebook page	10 pts
Follow us on Twitter	5 pts
Participating in an office contest	1 pt
Share a review on Facebook	10 pts
Follow us on Instagram	5 pts

PATIENT ACHIEVEMENTS

Community Service	5 pts
Having an appointment on your birthday	5 pts
Each A on your report card	1 pt

DENTAL COMPLIANCE

Dental cleaning/exam	10 pts
No cavities	5 pts
Requested dental treatment complete	10 pts

CARD REPLACEMENT

Replace Card	-10 pts
--------------	---------



DIPLOMATE
AMERICAN BOARD
OF ORTHODONTICS

220 North 1200 East, Suite 202
Lehi, Utah 84043
Phone: 801-766-5500
Fax: 801-766-5605

swensonsmiles.com

How to login and start earning points!

Go to www.swensonsmiles.com

Click on JUST FOR FUN

Then click on SMILE REWARDS

Scroll down to the black card that looks just like yours and click on it! Enter the username and temp password that is on the back of your card.

It will prompt you to change your password (so it's not on your card).

You can then change your profile picture, play games, see how you can earn points (inside and out of the office) see exactly what you got points for, write a review, like us on Facebook, etc.

How to login and start earning points!

Go to www.swensonsmiles.com

Click on JUST FOR FUN

Then click on SMILE REWARDS

Scroll down to the black card that looks just like yours and click on it! Enter the username and temp password that is on the back of your card.

It will prompt you to change your password (so it's not on your card).

You can then change your profile picture, play games, see how you can earn points (inside and out of the office) see exactly what you got points for, write a review, like us on Facebook, etc.

How to login and start earning points!

Go to www.swensonsmiles.com

Click on JUST FOR FUN

Then click on SMILE REWARDS

Scroll down to the black card that looks just like yours and click on it! Enter the username and temp password that is on the back of your card.

It will prompt you to change your password (so it's not on your card).

You can then change your profile picture, play games, see how you can earn points (inside and out of the office) see exactly what you got points for, write a review, like us on Facebook, etc.

How to login and start earning points!

Go to www.swensonsmiles.com

Click on JUST FOR FUN

Then click on SMILE REWARDS

Scroll down to the black card that looks just like yours and click on it! Enter the username and temp password that is on the back of your card.

It will prompt you to change your password (so it's not on your card).

You can then change your profile picture, play games, see how you can earn points (inside and out of the office) see exactly what you got points for, write a review, like us on Facebook, etc.