



**CRICHIGNO**  
ORTHODONTICS

## RETAINER INSTRUCTIONS

Wear your retainer 24 hours a day for the first month. This is a must! After the first month wear the retainer at night only.

- Take your retainer out only when you are brushing your teeth, eating or playing sports.
- Clean your retainer with anti-bacterial hand soap every time you brush your teeth.
- Clean your retainer with Efferdent or Polident in lukewarm water every 1-3 days.
- Never wrap your retainer in a Kleenex, paper towel or serviette or put it in your pocket. No one looks in a Kleenex and it will get thrown away.
- There is a charge to replace your retainer if you lose it.
- If you crack your retainer, bring it in, we may be able to fix it with the model that is in your box. Never try to repair your retainer yourself.
- If you have a problem with your retainer please give us a call, do not just stop wearing your retainer.
- **BRING YOUR RETAINER TO EVERY APPOINTMENT!**

**Non-compliance of retainer wear will result in repercussions (relapse, overcrowding of teeth, jaw/bite changes, increased chance of dental problems and overall movement) that we are not responsible for.**

**There will be a fee for any replacement retainer (including but not limited to lost, stolen, damaged or destroyed)**

2257 Rymal Road E. Unit 2, Stoney Creek, ON, L8J 2V8  
1265 Upper James St. Hamilton, On L9C 3B3  
905-560-4555 [www.4braces.ca](http://www.4braces.ca)



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## INSTRUCTIONS FOR BRACES

Congratulations on your new braces!, we've reviewed what you need to know as you go home with your new smile, but in case you forget here it is in writing:

- Some tenderness is normal in the hours and days following the placement of braces. Any medication that you would normally take for a headache will help relieve the discomfort.
- Cleaning your teeth will take longer now that you have braces so be prepared to spend more time in the bathroom. Electric Toothbrushes and Waterpiks are very helpful for keeping braces clean, but a good job can be done with a manual toothbrush if you are extra diligent.
- Make sure to also use the proxibrush and floss that we've given you so your gums don't become infected. Tender, swollen, and bleeding gums are a sign of infection and can prolong your treatment time.
- You will want to cut your food into smaller pieces to make it easier and more comfortable to chew. Avoid hard, sticky foods such as gummies, caramels, popcorn etc. Cut up harder foods like apples and carrots to avoid breaking a bracket off.
- If a bracket does become loose or comes off, don't worry! It's not an emergency, but we do want to fix it before your next scheduled appointment, so please call us. Sometimes wires can shift during the beginning of treatment, so if you feel a poking wire use wax to relieve any discomfort, and call us so we can adjust it for you.
- Call us if you have any questions or concerns!

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### RAPID PALATAL EXPANDER (RPE) INSTRUCTIONS

- Using the turning key we provide you, please complete 1 turn a day for 14 days, then do not turn again. Dr. Crichigno will check the expansion progress a month after appliance is placed.
- Make sure to complete the turn entirely. You will see the next hole completely appear when the turn is done.
- If you are unable to insert the key to turn the following day, find the back hole and push all the way down until you see a new hole at the top again.
- Gently brush the entire mouth as usual, and brush the appliance on the back teeth where the bands are, as well as on the roof of the mouth where the expander is.
- Use the Proxy Brush we gave you to remove food from between the appliance and the palate.
- Rinsing with Listerine or salt water can be helpful to dislodge any food that becomes trapped and minimize discomfort.
- Cutting food into smaller pieces will be very helpful. No sticky food or popcorn.
- If the RPE becomes loose on one side or the other do not worry, call our office and we will make arrangements for you to come in to be seen by Dr. Crichigno.
- An RPE rarely falls out, but if it does set it aside and call our office for an appointment. Please bring the RPE to that appointment.
- We have given you wax to use if the appliance bothers your cheeks. You can break off a small piece and warm it up between your fingers and place it on any area that is bothering you.
- If spacing starts to appear between the front teeth this is not cause for concern. This is what we expect to happen and it means that expander is doing it's job.
- Dr. Crichigno's cell phone number is on our answering machine in case of emergency.

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### INSTRUCTIONS FOR INVISALIGN

Congratulations on your new Invisalign trays! We've reviewed what you need to know as you go home with your new smile, but in case you forget here it is in writing:

#### **Things TO DO during Invisalign Treatment**

- Wear each set of trays for at least 1 week, unless otherwise instructed
- Use denture cleaner tablets to clean trays at least once a day
- Always place trays in case when not in your mouth
- Always remove trays by starting from the back molars
- You may drink water while wearing trays or use a straw for dark liquids
- If possible, brush or rinse before placing trays back in your mouth
- Clenching into trays with your aligner chewies during the first 2-3 days helps teeth move faster and relieve pressure
- Wear trays as instructed in sequential order
- **Keep all of your previous trays in a clean plastic bag**

#### **Things NOT TO DO during Invisalign Treatment**

- **Throw away trays! - Keep your last 10 trays, you may need them again!**
- Leave trays out of your mouth for long periods of time
- Chew gum with aligners in your mouth
- Leave trays in a hot vehicle, or boil them (They are plastic!)
- Leave trays sitting out for pets or small children to chew on
- Wrap trays in a napkin or paper towel (They can be mistaken for garbage and thrown out!)
- Place trays in your pocket without a case
- Eat while wearing trays
- Drink dark teas, coffee or soda with trays in (Use a straw)
- Set trays on a table at a restaurant

**Teeth may begin to feel slightly mobile or loose during treatment, but this is normal.**

***\*Non-compliant wear of aligners can result in the need for new impressions/scan and additional fees.***

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