

BENT WIRE SYSTEM (BWS) AFTER CARE INFORMATION



In general, it is very important not to play or pick at the BWS (wire or brackets) either with fingers or tongue. Any interference can easily bend or damage the wire and possibly cause breakages.

CLEANING

- Regular cleaning both morning and night is still necessary for dental hygiene. Normal brushing is suitable but be aware of the wire and try not to use too much force behind the teeth as this may damage the BWS.
- Be careful when flossing around “spacers” and the BWS. Again, this may damage or displace either the bands or wire itself.
- Clean any removable appliances or sports mouth guards with “Myoclean”. Follow instructions as prescribed.

FOODS TO AVOID

When one of our doctors place bonding material on your teeth, it is strong enough to keep the molar bands on but weak enough to be removed easily when your teeth are straight. Also, because the BWS is not indestructible, there are foods that need to be avoided. Hard foods may do damage by breaking the wire or bending the wires that are carefully designed to straighten your bite. Sticky foods may loosen your bands or get caught also.

Foods to avoid include:

- Ice (even if you are careful)
- Toffees, caramels and any sticky candies
- Hard Candy or Gum – of any kind
- Hard chips like Doritos
- Carrots, apples, pears, etc. should be cut into small pieces
- Meat should not be chewed off of the bone, it should be cut off
- Corn on the cob should be sliced off
- Pizza crust, bagels, and French bread should be broken into bite size pieces

When patients take care of their wire, treatment time is not interrupted and can progress efficiently.

What to do if there is a problem?

While true dental emergencies are rare, occasionally a minor problem can pop up. What follows is a list of a few problems that may be encountered along the way during treatment.

Initial Soreness

After the initial placement of molar bands and the BWS or following an adjustment, the teeth may be tender for up to one week. An over-the-counter pain reliever such as Advil or Motrin may be helpful in alleviating this initial soreness. If pain persists after more than 7 days, please contact the clinic.

BWS is Loose or “Falling Down”

If your BWS becomes loose please avoid playing with it as this may weaken the wire and can cause breakages. Usually the wire can be pushed back up behind the “stops” placed on the tooth until your next visit. Sticky foods or continual interference (from tongue or fingers) are usually the cause of any breakages.

Remember, making regular appointments with Green City Dental every 4 weeks (approximately) based on assessment of your progress helps greatly with treatment. Delaying your appointments because of other obligations can delay and therefore extend your treatment time.

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