

## Expose and Bond Instructions

**Congratulations!** Your tooth is finally on its way to being in the proper position.



### So what's next??

Your orthodontist normally likes to see patients within 7-10 days of procedure. Make sure you have an appointment with them scheduled soon!

**Remember:** It's very important to take excellent care of the site so the proper orthodontic work can be completed successfully. Below are instructions for both immediate and long term postoperative care.

### Oral Hygiene

Mouth cleanliness is essential to good healing. Clean your mouth thoroughly after each meal beginning the day after oral surgery. Brush your teeth as best you can. Rinse with warm salt water (1/2 teaspoon of salt in a cup of warm water) 2-3 times a day for one week.

**REMEMBER:** The gold chain can collect plaque just like a tooth! Please continue to gently brush the chain to keep it clean.



### Wound Dressing

*Occasionally* the doctor places a temporary wound dressing (Barricaid) that looks like pink silly putty. This can last anywhere from 24 hours to a week. Please do NOT brush the dressing, instead, gently wipe with a Q-Tip to keep clean.



### What to expect after your procedure:

- Minor pain and/or swelling

If your doctor prescribed pain medication, try over the counter pain medication (i.e. Advil or Tylenol). If pain persists, use prescription medication as directed.

- Some bleeding may occur. Apply firm pressure with a piece of gauze and switch every 20 minutes as needed.

### Have Questions?

Please call the office at: 425-353-1009