Bella Family Dental
(972) 290-0903
347 W Jefferson Blvd, Dallas, TX 75208

Braces and orthodontic appliances, including HealthyStart®

Covers: Traditional braces, early and adult orthodontic appliances, and the HealthyStart® program for children.

Before your visit

- Brush and floss well before each visit.
- You may eat a light meal beforehand. Teeth may be sore after placement or an adjustment.
- A parent or guardian should come with children.
- Please arrive 30 minutes before your appointment to complete any paperwork and make any payments due. If you are taking Halcion (oral sedation), arrive 1 hour before.

After your visit

What's normal

- Teeth may ache or feel loose for a few days after braces go on and after adjustments.
- Cheeks and lips may be irritated while they get used to the brackets.

Comfort

- For soreness, take over-the-counter or prescribed pain medicine only as directed by your dentist and the label.
- Press a small piece of orthodontic wax over any bracket or wire that rubs.
- Rinse with warm salt water for sore spots.

Foods to avoid with braces

- Hard, sticky or chewy foods: popcorn, nuts, ice, hard candy, caramel, gum and hard crusts.
- Cut foods such as apples, carrots and corn off the cob into small pieces.

Cleaning

- Brush after meals, around every bracket and along the gumline.
- Floss daily with a floss threader, orthodontic floss or a water flosser.

Removable appliances and HealthyStart

- Wear the appliance for the hours your dentist recommends.
- Rinse and brush it gently with cool water, and keep it in its case when not in your mouth.
- Parents: help younger children wear and clean their appliance, and bring it to every visit.

Palatal expander

- The first few days after an expander is placed or turned, pressure in the teeth, palate, nose or cheeks, a tight feeling, a temporary lisp, more saliva, a mild headache, and a space opening between the upper front teeth can all be normal.
- Turn the expander only as Dr. Dang showed you. Never skip a turn or add a turn on your own. If you are not sure the turn was complete, call us at (972) 290-0903 before you try again.
- Soft foods for the first few days. Avoid sticky candy, gum, ice, popcorn, nuts and hard chips, which can loosen the appliance.

- Brush after meals, including around the expander, with a soft brush and fluoride toothpaste.
- Call us right away if the expander or a band comes loose, the key gets stuck, you cannot complete a turn, or pain or swelling is getting worse.

When to call us

Call us at (972) 290-0903 if you have:

- A loose or broken bracket or band
- A wire that pokes and can't be covered with wax
- A cracked, lost or poorly fitting appliance
- Pain that lasts more than a few days

For a medical emergency, call 911. Call 911 or go to the nearest emergency room for trouble breathing or swallowing, swelling that spreads toward your eye or down your neck, or bleeding you can't control.

These are general instructions. If your dentist gave you different instructions, follow those. Our staff speak English and Spanish (atención en español). Our doctors do not speak Spanish.