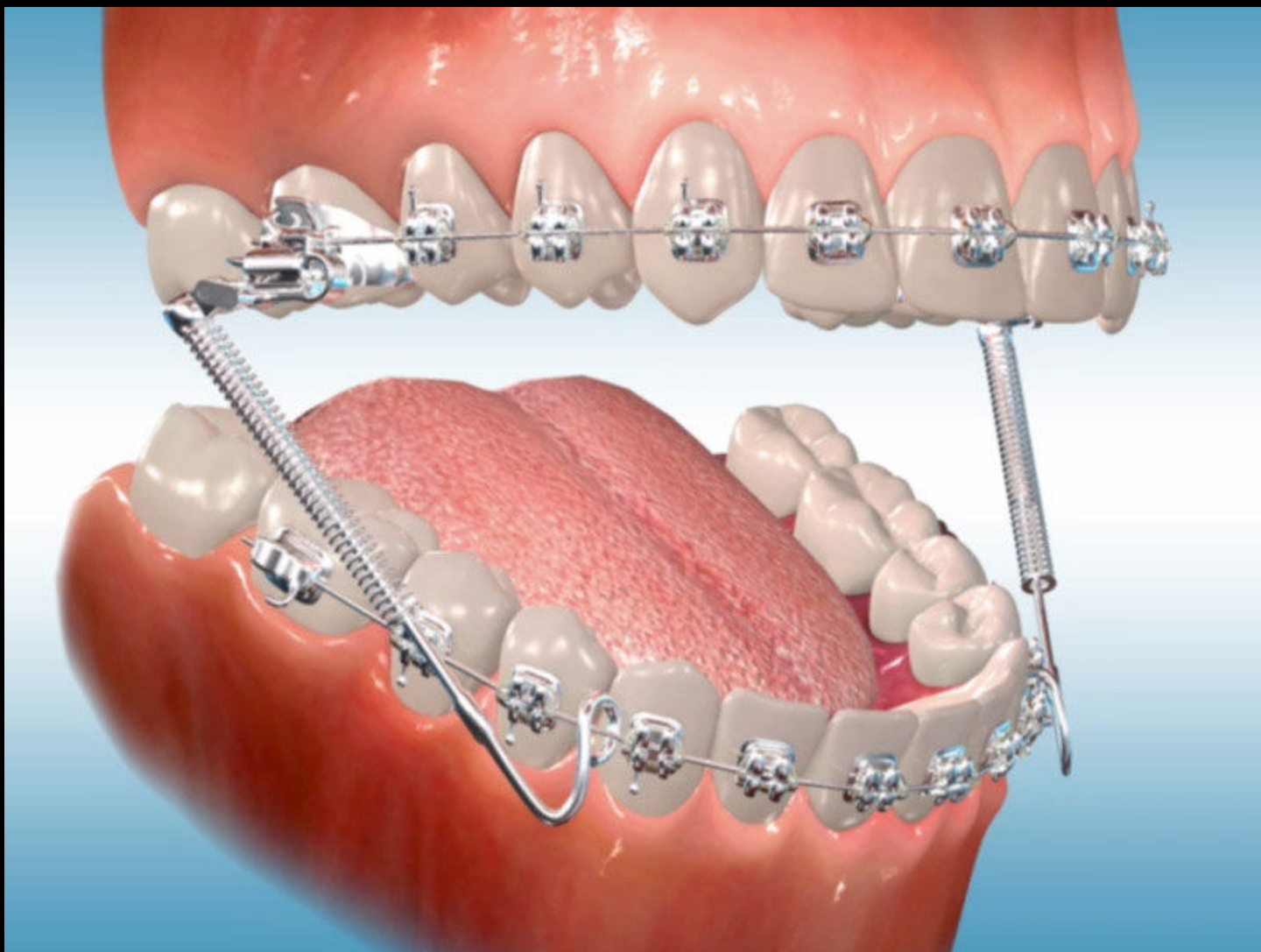


**LEARN ABOUT**

# SPRINGS



## What Are Springs?

- Springs are placed on the braces typically after 8-12 months of treatment.
- A lot like rubber bands, springs are used to correct an overbite and may be recommended when the patient has difficulty wearing rubber bands.
- These will temporarily be in your mouth and attached to your braces for the next 4-6 months or until the bite is fully corrected.

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## Do They Hurt?

- When springs are being placed, there is little to no pain/discomfort.
- During the first week of wear you may experience slight soreness and sometimes discomfort in your cheeks. Apply wax on springs if needed. Your cheeks should adapt quickly and most patients do not have long-term issues with springs.

## How To Keep Them Clean?

- Maintain brushing, regularly as you do with braces (now brushing teeth AND springs). After brushing look closely and check for any food particles remaining.
  - Floss all teeth, including the ones the appliance is connected to. It may feel awkward at first, but with practice it will get much easier.
  - Using a Waterpik can be a very effective and beneficial way to clean the appliance, especially around hard to reach areas.
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## Eating

- The same rules apply with springs as with braces; avoid any hard, sticky, chewy, and gummy foods.
  - Carefully cut up food into small pieces and chew with back teeth.
  - Try to avoid opening your mouth extremely wide to prevent any breakage or the springs becoming unhooked.
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## Potential Problems



- If any of your braces/wire become loose or broken, or the spring becomes unhooked, call the office to schedule a repair.
  - Use elastics/rubber bands to keep spring and rod from moving freely in the mouth until you are able to come into the office.
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