



# IMPLANTS & ORAL SURGERY OF CHATTAHOOGA

## Post-Operative instructions: Expose & Bond

- Call your orthodontist within 7 days to let them know you have had this procedure done. They will schedule an appointment when they want to see you. At this appointment, they will remove the tie that is holding the chain to your bracket and retie it to your wire.
- Stick to cold, soft foods. For example: ice cream, Jell-O, pudding, milk shakes, smoothies, etc., until the numbness wears off. After that, continue with softer foods "Braces Diet". No chips, nuts, seeds or popcorn.
- Do **NOT** use a straw for 7 days.
- Please note, there is a chain bonded to the exposed tooth just like the brackets are bonded to your teeth. Like your brackets, the chain can come loose if it's struck by something hard or tampered with. Make sure you do **NOT** apply any pressure on the chain and be sure to keep hands out of mouth. If the chain does come unbonded, the tooth may have to be re-exposed.

\*If we are unable to bond the tooth there will be a "bubble gum" looking material covering the exposed tooth. The "bubble gum" material ideally needs to stay on until your next appointment with us. At this appointment the chain will be bonded.

If the "bubble gum" material does come off before your post op appointment, please notify us via call or text at 423-296-8210.