

## **TOOTH SENSITIVITY/DISCOMFORT DURING ORTHODONTIC TREATMENT**

On occasion, your teeth can become sensitive during orthodontic treatment. In fact, recent research has shown that the teeth can become most sensitive within the first 24 hours after braces are placed or adjusted.

There are several options you can consider to reduce your sensitivity. However, Dr. Dann's recommended option would be to use Tylenol Extra Strength:

- **Tylenol Extra Strength (Acetaminophen 500mg tabs):**

- Tylenol is most effective for pain relief and fever starting 1 day before your anticipated appointment, and the following 3-5 days after the appointment.

- Adults and Children 12 years and older: 2 tabs every 4-6 hours, not to exceed 8 tabs in a 24 hour period.

- Children under 12 years of age: May use Children's Tylenol. Please follow directions for age and weight recommended by your Pharmacist and drug label. Do not exceed the recommended dosage for days used.

- \*Do not take Tylenol for more than 7 days, as exceeding the recommended dosage could result in liver damage.

Another option to consider would be:

- **Advil/Motrin (Ibuprofen 200mg tabs):**

- Use for minor pain relief. Advil/Motrin is most effective starting 1 day before anticipated appointment, and for following 3-5 days after your appointment.

- Adults and Children 12 years and older: 1-2 tabs every 4-6 hours, not to exceed 6 tabs in a 24 hour period.

- Children under 12 years of age: You need to follow children's strength Advil/Motrin as directed by Pharmacist for body weight and age.

- \*Do not take Advil/Motrin for more than 7 days, as studies have shown that extended use of Ibuprofen can slow bone production, thereby slowing tooth movement that would effect your orthodontic treatment.

(Version '07)