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### *Post Operative Instructions for Micro-Implant (Temporary Anchorage Device TAD) Care*

You have just received one or more micro-implant(s). Your micro-implant will help you greatly in achieving our treatment objectives. However, micro-implants are delicate and can loosen and fall out. Here are instructions for care:

#### **Home Care**

- Be careful with an electric toothbrush (especially Sonicare or any vibrating brush), and do not touch the micro-implant with a vibrating brush head.
- Keep the area of the micro-implant clean by gently using the interdental brush that we have provided.
- Use a salt-water rinse before bed.
- Use Chlorhexidine Gluconate spray as directed.



#### **Food**

- Hard, crunchy, chewy, and sticky foods can hit or stick to the micro-implant and cause it to loosen. Please be aware of this, and be careful to avoid this problem.

#### **Habits**

- There is a possibility that habits like clenching and bruxing can loosen micro-implants. While this may be hard for you to control, we'd like you to be aware.

#### **Activities**

- Trauma to the area can loosen the micro-implant. Be aware that sports may involve injury to the face and an increase the risk of loosening the micro-implant.

#### **Discomfort**

- Typically you will not need any medication for discomfort. You may take an ibuprofen only if you need it.

Your micro-implant is an invaluable addition to your orthodontic treatment. Please be in charge of taking care of it, as it is an essential part of your specialized treatment.