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POST-OPERATIVE INSTRUCTIONS FOR MINI-PIN CARE

You have just received one or more mini-pin(s). Your mini-pin will help you greatly in achieving our treatment objectives. However, mini-pins are delicate and can loosen and fall out. Here are some things to watch:

Home Care

- Be careful with an electric toothbrush (especially Sonicare or any vibrating brush), and do not touch the mini-pin with a vibrating brush head.
- Keep the area of the mini-pin clean by lightly brushing with a toothbrush dipped in a cup of chlorhexidine every night before bedtime until the mini-pin is removed.

Food

- Hard, crunchy, chewy, and sticky foods can hit or stick to the mini-pin 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 grinding can loosen mini-pins. While this may be hard for you to control, we'd like you to be aware.
- Please be careful not to play with the mini-pin with your fingers, tongue, or cheek muscles, as this can loosen the mini-pin.

Activities

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

Discomfort

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

Your mini-pin 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 treatment.