

# Propel Instructions

## **What is Propel?**

Propel is a treatment that stimulates bone around targeted teeth. This creates a biological response that allows teeth to move faster. Micro-osteoperforations are created to induce metabolic activity in the bones. By using Propel, we can complete orthodontic tooth movements more efficiently to achieve a more ideal finish and in significantly less time.

## **What to Expect?**

Patient may experience some tenderness around treatment sites for 24-48 hours. This sensitivity is similar to that of an orthodontic adjustment.

## **Post-op Instructions:**

- 1) Warm salt water rinse is recommended 2-3 times a day until area is healed.
- 2) Take Tylenol for any discomfort. Please avoid any anti-inflammatories such as Aleve or Advil (ibuprofen) which inhibits the acceleration of tooth movement.
- 3) You may continue to brush and floss in your normal routine, but we advise you to be gentle to the soft tissues where you had the Propel procedure.