

Home Care Instructions for Your Braces

You may find that over the next few days your teeth and gums may be tender, you may also find that you are producing more saliva than usual and some patients may develop sores on their lips and cheeks. This is all very normal and discomfort should subside in 3-5 days. Here are a few helpful hints to make the transition smoother for you.

- Avoid any hard or sticky foods (i.e. caramel, taffy, corn chips, nuts, ice, etc.) Make sure all meats are cut off the bone and fresh fruits and vegetables are cut up into small pieces. The adhesive that we use is very strong. However, excessive force when chewing particularly when teeth are initially moving may cause the adhesive and braces to become loose. If you feel a significant amount of resistance when chewing, do not bite harder, ease off on the biting pressure.
- Proper oral hygiene is very important in order to prevent any caries and decalcification. We have provided you with the proper tools to maintain excellent oral hygiene (i.e. toothbrushes, proxy brush, floss, and wax). All of these items can be located in most stores, however if you are unable to find them you can ask any team member and they can provide it for you. We also recommended that you rinse with a fluoride once a day to prevent decay and decalcification.
- There may be times during your “active” treatment that brackets can come loose and/or arch wires may begin to poke. DO NOT PANIC - contact our office so that we can make you comfortable. The assistants have gone over how to use wax and suggested Tylenol or Ibuprofen for any discomfort.

What Can I Expect?

- Tenderness of the teeth for the first 4-5 days. (Use Tylenol/Advil/Motrin and Chew softer foods initially)
- Tenderness of the insides of the lips and cheeks for 4-5 days. (Use Tylenol/Advil/Motrin and wax applied to dried-off braces/wire ends.)
- Some mobility of the teeth (normal during tooth movement)
- Some teeth moving faster than others, giving the appearance of some teeth becoming crooked...normal occurrence that will be corrected with time.
- You may be able to solve many braces problems temporarily at home until you schedule a repair appointment at our office.

Problems	Home Solution
Loose Band or Bracket	If band or bracket is still attached to wire, leave in place. If uncomfortable, place wax on it. If it comes out completely, wrap brace or bracket in tissue
Loose Wire	Try to place wire back in place with tweezers. If that is not possible, clip wire with fingernail clippers behind last tooth to which it is securely fastened. If any discomfort, place wax.
Poking Wire	Try to push sticking wire down with a spoon or eraser. If not possible, place wax.
Lost tie wire or Elastic	Notify us at next appointment.
Headgear Does Not Fit	Sometimes cause by not wearing as prescribed. If face bow is bent, call our office to make an appointment.
Loose Appliance	If appliance is sticking or poking, place wax.
If home solution does not work, please call Office #	