Discover ORTHODONTICS™

Foods & Habits With Braces

Protect your braces. Choose foods that are easy to chew.

AVOID HARD & CRUNCHY


Hard candy


Popcorn


Ice


Nuts


Hard chips


Hard crusts

AVOID STICKY & CHEWY


Caramels


Taffy


Gummy candy


Chewy candy

PREPARE FOODS FOR SAFER EATING


Cut firm foods into small pieces.


Cut corn off the cob.


Choose water. Limit sugary drinks.


Do not chew pens, pencils or ice.

Discover the Difference... Discover Your Smile.

281-463-1010

Discover ORTHODONTICS™

Brushing & Flossing


Soft brush + fluoride toothpaste

BRUSH THOROUGHLY


1. Angle bristles toward the gumline.

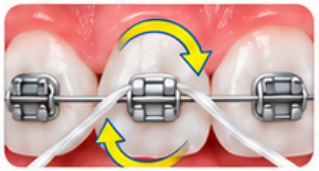

2. Brush above and below brackets.

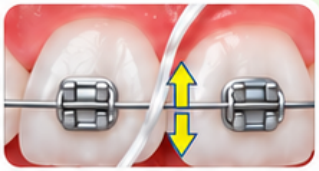

3. Clean inside and chewing surfaces.


4. Brush for 2 minutes. Clean every tooth.

FLOSS DAILY


1. Thread floss under the wire.


2. Curve floss around each tooth.


3. Gently clean both sides of each space.


Use an interdental brush around brackets and under wires.

Brush at least twice daily and after meals when possible. If you cannot brush, rinse with water.

HOW TO USE BRACES WAX



1. Wash hands. Clean and dry the bracket.


2. Roll a small piece of wax into a ball.


3. Press over the bracket or wire that rubs.

Replace when dirty or loose. Remove before brushing. — Call us if irritation continues.

Discover the Difference... Discover Your Smile.

281-463-1010