

## Braces Instructions

Congratulations on starting Orthodontic treatment! You are on your way to having a beautiful straight new smile!

Oral hygiene is EXTREMELY important for every patient undergoing orthodontic treatment. Proper brushing and flossing are vital to keeping your teeth and gums healthy. It is essential in preventing permanent white marks called decalcification on your teeth. We would like you to follow these tips....

- Brush at least 2 times daily, morning and night. If you can brush after lunch that would be great!
- Floss at least once a day. You can purchase different tools for flossing such as floss with a floss threader or floss on the stick. It must say for orthodontic use on the package and have a flat end that allows the flosser to get under the wire.
- Use an interproximal brush daily after brushing to reach in areas under the wire where your toothbrush doesn't reach.
- Do not let any plaque or food sit on your teeth around the brackets. You don't want those white spots!

### **Eating with Braces:**

Now that you have braces it is important that you are careful what you eat and what you put in your mouth! Here are some tips and things to avoid....

- Eat soft foods like scrambled eggs, soup, pudding, or ice cream.
- Avoid sticky foods like gum, caramels, gummy bears, Skittles, Starbursts, Tootsie Rolls, licorice, taffy, etc.
- Don't bite into hard fruits. Apples, peaches, and pears must be cut into slices.
- Avoid hard nuts and popcorn.
- Avoid hard pizza crust and toasted bagels.
- Cut corn off the cob.
- Cut meat off the bone.
- Keep pens and pencils out of your mouth.
- Do not bite your fingernails.
- Do not use your teeth as tools to open things up.

- **NO CHEWING ICE!**

### **Comfort Care Issues:**

You may run into some issues while wearing braces. You can always call the office if you are unsure of what to do. Here are some problems you may run into and some solutions for you....

- Your teeth may be sore for a few days when you first get braces or come for an adjustment. You can take ibuprofen (Advil or Motrin) or Tylenol every 4 to 6 hours as needed.
- If anything is bothering you, we will provide you with wax to use as a temporary band aid until you can get into the office to see us
- Wire poking: cut the wire with a wire cutter or nail clipper.
- Broken bracket: leave it on the wire or take it off if you can and call the office.
- Loose wire in the back: use tweezers to place the wire back into the tube.
- Missing color on bracket: notify us at the next visit.
- Loose appliance: call the office so we can put it back in.