



MORRISTOWN  
BRACES

PATIENT CARE · GUIDE 01

# Braces Care Guide

*Daily habits that keep your treatment on  
schedule.*

#### VISIT

2 Morris Ave  
Morristown, NJ 07960

#### HOURS

Mon–Fri · 9AM–6PM  
Sat · 10AM–4PM

#### CONTACT

(973) 998-6266  
[morristownbraces.com](http://morristownbraces.com)

## 01 · DAILY BRUSHING

# Brush after every meal.

**When.** After every meal when possible — at minimum, morning and night. **Time.** Two full minutes, every time.

**THE SEVEN STEPS**

- 1 Rinse with water first.** Loosens food before brushing.
- 2 Angle at 45°.** Tilt the toothbrush toward the gum line.
- 3 Brush above brackets.** The space between bracket and gum.
- 4 Brush on the brackets.** Small, circular motions.
- 5 Brush below brackets.** Between bracket and tooth edge.
- 6 Chewing surfaces and tongue side.** Do not skip these.
- 7 Take two full minutes.** Do not rush.

**TIP · INTERDENTAL BRUSH**

Use an interdental brush — the tiny Christmas-tree-shaped one — to clean around brackets and under wires. Ask us for one at your next visit.

**FLOSSING WITH BRACES**

Floss every day — even with braces. Skipping flossing causes cavities and gum disease that can delay your treatment.

**WITH A FLOSS THREADER**

- Thread floss under the wire using the threader.
- Slide floss gently up and down between teeth.
- Curve floss around each tooth in a C-shape.
- Repeat for every tooth — all the way to the back.

**EASIER OPTION — WATER FLOSSER**

A Waterpik or similar water flosser is faster and just as effective as string floss with braces. Direct the tip between each tooth and along the gum line.

02 · WHAT TO EAT

# What to eat, what to avoid.

Food restrictions with braces are simple. Most of your favorites can be modified slightly and kept on the menu.

**AVOID · HARD FOODS**

*Can break brackets*

Ice · Hard candy · Nuts · Popcorn (kernels) · Hard pretzels · Bagels · Thick pizza crust · Raw carrots and whole apples (slice instead)

**AVOID · STICKY FOODS**

*Can pull brackets off*

Caramel · Taffy · Gum of any kind · Gummy candy · Licorice · Tootsie Rolls · Starbursts

**MODIFY · DON'T AVOID**

*Prepare differently*

Corn on the cob → cut off the cob · Whole apples → slice small · Ribs & chicken wings → cut meat off the bone

**EAT FREELY ✓**

*All of these are safe*

Pasta · Rice · Soft bread · Mashed potatoes · Soft cooked vegetables · Yogurt · Smoothies · Ice cream · Soft fruits · Soft meats · Mac and cheese · Eggs · Soup

## 03 · TROUBLESHOOTING

# If something breaks or feels wrong.

Loose bracket	STATUS	Not an emergency.
	WHAT TO DO	Use dental wax to keep it comfortable. Keep wearing your rubber bands.
	CALL US	During office hours, to schedule a repair — usually same or next business day.
Poking wire	WHAT TO DO	Cover the sharp end with dental wax. If the wire is very long, you may carefully clip it with clean nail clippers.
	CALL US	During office hours, to schedule a wire adjustment.
Lost rubber band	WHAT TO DO	Replace it with a new one from the bag we gave you. If you run out, call us.
Soreness after adjustment	STATUS	Completely normal.
	WHAT HELPS	Take Tylenol or Advil. Eat soft foods for 2–3 days. Discomfort eases on its own.

**URGENT · TRUE EMERGENCY**

Severe pain, injury to mouth or jaw, excessive bleeding, or swelling — call **(973) 998-6266** immediately. After hours, follow the voicemail prompts.

## AND DON'T FORGET

## Keep your regular dentist appointments.

Continue seeing your regular dentist for cleanings every 6 months throughout orthodontic treatment. Braces make teeth harder to clean — professional cleanings matter more than ever.