

# NOVA DENTAL CARE

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## You got Braces - Now what?

### HYGIENE

YES! You still need to brush your teeth after every meal but CAREFULLY with fluoride toothpaste and a soft brush. (needs to be a new brush ever 3-4 months)

FLOSSING is still important, ask the dentist to show you have to floss with a floss threader under the arch wire - again very carefully

A Dental Water Jet/ Oral Irrigator can also be used in replace of the floss threader

Keeping your cleaning schedule the same as before is very important - this helps to ensure that your teeth are staying healthy

### THE DOES OF BRACES

If you are involved in athletics or anything related to contact training - please advise the dentist to have a special Mouthguard made to protect your teeth and the braces.

### THE DON'TS OF BRACES

Limit the amount of sugar and starch, these types of foods may turn into damaging acid that can create white spots or tooth decay.

Avoid hard or sticky snacks, they can be difficult to remove from the braces.

Try to actively avoid the following foods:

|              |                  |
|--------------|------------------|
| Popcorn      | Nuts             |
| Pretzels     | Chewing Gum      |
| Hard Candies | Caramels and ICE |

### THE FIRST 24 HOURS/TIGHTENINGS

The first 24 hours are going to be uncomfortable and a little sore. During this time soft foods and drinks are very important.

You will feel as if the braces are sticking out. This is completely normal and will subside after a few weeks.

The braces can cause a bit of irritation on the inside of the cheek and the lips, using a small amount of wax can alleviate this sensitivity.

Braces are tightened roughly every 6 weeks, after this appointment you can expect to feel some sensitivity and discomfort.

### WHAT IF THIS HAPPENS

If you break your bracket?

Save the Bracket and call the office for an appointment.

If the wiring comes off?

Place wax on top of it.

If the rubber band comes off?

Place wax on top of it.

If there is pain on the tooth or jaw?

Advil and Motrin to aleve pain.

If your teeth begin to become sensitive?

Advil and Motrin to aleve pain and call the office to schedule an appointment.

If ever in doubt, call us and we can answer your questions or schedule you for an appointment to be seen by the doctor. Carry wax with you for any accidents that can happen.