

TAKING CARE OF YOUR NEW BRACES

Want to get done as fast as possible?

1. Keep your teeth and braces clean!
2. Come to all scheduled appointments!
3. Don't break your braces or appliances!
4. Wear your elastics!!!
5. Visit the general dentist at least every six months!

Breaking brackets will slow down treatment and may be uncomfortable.

To keep this from happening, stay away from these foods:

Sorry, these are “no gos” -

- Hard candies and candy-coated things (jolly ranchers, suckers, etc)
- Sticky candies (gummy bears or gummy vitamins, laffy taffy, caramel, etc)
- Whole nuts
- Beef Jerky
- Corn Nuts
- **Do not chew on ice cubes, pencils, water bottles, or mouthguards!**

Be careful with -

- Cut CORN off the cob
- Cut APPLES, CARROTS, and CELERY into small pieces and chew on your back teeth
- Be cautious with hard bread, pizza crusts, chips or granola/protein bars
- Meat - remove from bones
- POPCORN - Black Jewel, Pirates Booty, etc
- GUM – soft, sugar-free only!

What about drinks?

Sugary + acidic drinks can cause cavities! You can still have them, just make them a *treat* and not a regular thing

- Pop (even diet sodas are acidic!)
- Sports drinks (Gatorade, Prime, etc)
- Juice



What if something breaks?

- Please call or text us so we can assist you in managing the situation
- Wax is perfect to cover loose brackets or pokey wires in the short term (*if wax is tough to work with Ortho Dots can be found at Walgreens or Amazon*)
- Sometimes an issue can be resolved by moving the wire away from the irritated area with a cotton swab or pencil eraser
- You can also cut the wire with nail clippers that have been washed and sterilized in alcohol
- Keep any parts that detach from your braces and bring them with you for repair

What will my braces feel like?

Your teeth are moving - that's exciting! They might be a little sore for **about a week** as they get going. To help with the adjustment period:

- Eat soft foods (smoothies, yogurt, mashed potatoes, ground beef, etc)
- Take sips of cold water
- OTC Advil or Tylenol, as needed

Cleaning around your braces

- **Brush** a minimum of 2x/daily; brush at all angles around the braces
- Please use the provided **Fluoride gel** every night just after brushing and right before bed
- **Floss** 1x/daily (Floss Threaders are great, or Platypus flossers can be found on Amazon)
- A WaterPik is an amazing adjunct, but it does NOT replace flossing
- Proxabrush will help get food out from under your wires - do not pick at your braces!
- Please continue to see your dentist at least every 6 months for regular cleanings!