

# A Guide to Your New Braces

## Tips for Happy Living With Your New Braces!

We want to provide you with the most pleasant experience possible. We need your help:

- Keep your scheduled appointment and call the office right away if you are unable to make your appointment so we may reschedule.
- Inform our office of all orthodontic emergencies so they can be addressed ASAP.
- Brush and floss to maintain good oral hygiene throughout the treatment.
- Avoid any foods/habits that can be harmful to your appliances.
- Always wear a protective mouthguard when playing sports.



### FOODS TO AVOID

Bubble Gum	Raw Whole Apples
Raw Carrots	Corn On The Cob
Hard Pretzels	Sticky and Chewy
Chips	Candy (Toffee,
Popcorn	Starbursts, Skittles,
Nuts	Gummy Bears,
Hard Pizza Crust	Fruit Roll Ups)
Meat On The Bone	Jerky

Avoid chewing ice, pens, pencils, finger nails

### YOUR NEW DAILY ROUTINE

**3x** Brush Teeth

**1x** Floss

**1x** Fluoride Mouth Rinse

## Your New Braces

To help make sure you don't stain your teeth, cut back on soda, energy drinks, candy, cake--any food or drink that is high in sugar content. This will help prevent declassification and tooth decay.

We recommend regular dental checkups and cleaning for the continued health of your teeth & gums.

## Brushing

- Brush after every meal (minimum of 3 times per day).
- Thoroughly brush around the brackets and wires and every surface of your teeth--fronts, sides, backs, and chewing surfaces for at least 2 full minutes.
- After brushing, look at your braces closely in a mirror to make sure all food and plaque (whitish material around braces and gum line) have been completely removed.

## Flossing

- Floss at least once a day, preferably at night or before bed.
- Use a floss threader to get the floss under the wire and between your teeth or use "Platypus" flossers.
- Waterpiks are great tools, however, they do not replace good old fashioned flossing.

## Common Problems & Solutions



### Sore Teeth

It is normal for your braces to be a little sore for 2-3 days after your bonding or adjustment. Take Tylenol, Advil or Motrin to relieve the soreness.



### Poking

Simply pinch off a small piece of wax and roll it into a ball the size of a pea. Flatten and place completely over the area of the braces causing the irritation. Don't worry if you accidentally eat the wax, it's harmless.



### Loose Wire

If you experience a loose wire, try gently putting it back in place. You might need to use the eraser end of a pencil to help nudge the wire home. If unsuccessful, call to schedule an appointment.



### Loose Bands or Brackets

If you experience a loose band or bracket that is still attached to the wire, leave it in place and use wax to relieve any discomfort. Please call us to schedule an appointment.