

INSTRUCTIONS FOR NEW BRACES

Congratulations! You have started active orthodontic treatment. The appliances in your mouth may seem strange until you adjust to them. This may take from a few days to more than one week. Your teeth may feel sore or tender. To help maintain comfort during this period, we recommend that you select softer food for a few days until the soreness diminishes. You may also want to take some Tylenol or Advil as directed. If the tenderness persists or intensifies, call the office for further instructions. Please take a few minutes to review these important guidelines to make sure your treatment goes as smoothly as possible. In order to do this, you need to know how to prevent damage to these appliances. We welcome any questions you may have about the following info.

EATING

Hard, sticky, chewy kinds of candy can cause the brackets to break and can bend the delicate wires, causing improper tooth movement. These foods can also pull off the brackets or loosen the cement, allowing food to become caught under the bracket and creating the possibility of tooth decay or enamel decalcification (an unsightly, permanent discoloration of the tooth).

AVOID THESE FOODS

Gum, nuts, popcorn, sticky candy such as Fruit Roll-ups, taffy, caramels, etc. Whole fruits and vegetables must be cut into bite-size pieces. Bagels and hard-crust breads also need to be cut into bite-size pieces. These pieces should be placed in the back of the mouth to chew. **NEVER** bite directly into these foods with your front teeth. **NEVER** chew on pens, pencils, bones or other objects.

BRUSHING HYGIENE

Proper brushing is of the utmost importance. You **MUST** brush your teeth after every meal. If you cannot brush as soon as you finish eating, be sure to swish with water and expectorate (spit out). Proper technique means you should brush in tiny, circular motions, brushing all surfaces of the teeth, and making sure to angle your brush **under** the wire as well. It is very important to brush your **gums as well as your teeth**. We will go over the proper way to floss and brush.

BROKEN BRACKETS

If a bracket or band becomes loose, call immediately to schedule an appointment for recementing. There is no charge if this happens within one (1) week of cementing any bracket or band.