



WHAT TO EXPECT WHILE WEARING BRACES:

- Your teeth and lips will be sore for about 1-2 weeks (everyone is different).
- If you have BITE GUARDS placed on your teeth (most patients do) you will only be able to bite on the bite guards. Your other teeth won't touch until about 2-4 months into treatment.
- You will get used to eating with the BITE GUARDS? Hang in there!
- Use orthodontic wax and Ibuprofen (or other pain meds if allergic) to help aid with discomfort.
- Rinsing with warm salt water or Chloraseptic mouth wash can also reduce discomfort.
- Wax can be used in any area that is bothering you (wires or brackets).
- If an area is sore, dry the offending bracket and cover it with a small ball of wax.

IF ONE OF THE BRACES (BRACKETS) COME OFF:

- We want the braces to stay on your teeth. If one pops off your tooth, it will sometimes come out of your mouth and it will sometimes stay on the wire.
- If the dislodged brace (bracket) isn't hurting you, just try to hang on to it until you come in for your next adjustment.
- You are responsible for keeping the braces on your teeth!
- We may need a separate appointment to have time to re-bond a bracket. Bring parts with you.

AVOID THE FOLLOWING FOODS:

- Anything that is harder than a PRETZEL.
- Tacos, Chips, Corn on the cob.
- Ice, Gum, Caramel, Licorice.
- Sugary foods: Ice Cream, Candy, Soda, Sweet tea.
- Crusts, nuts, bagels, chicken wings, popcorn kernels, raw vegetables, whole fruit, candy, taffy, and ANY OTHER FOOD THAT WILL POP A BRACKET OFF.

BRUSH AND FLOSS YOUR TEETH:

- Brush like crazy! Floss using a "floss threader"
- Keep all plaque off your teeth so that it doesn't harden and turn into tartar (calculus).
- Use your fingernails to check if all plaque and debris has been removed
- Teeth move slower when plaque and tartar are in the way!
- Your adjustments will be easier if your teeth are clean!
- Flossing can be difficult but it is do-able. Thoroughly floss at least 2 times per week.
- More than likely you will be on a Fluoride Rinse. Follow instructions and don't eat or drink for 30 min. after your rinse.

PLEASE CALL IF YOU HAVE ANY QUESTIONS NOT ANSWERED ON THIS FORM 972-644-9595