



Information About Your Braces

Today we placed braces on your teeth in order to give you an attractive smile and nice appearance. Some important rules should be followed to make your orthodontic treatment as quick and easy as possible.

Foods to Avoid While Wearing Braces

Avoiding these foods help protect the clear brackets since they are more fragile than the metal brackets

- Chewing Gum
- Potato chips, pretzels, and other hard foods
- Apples or other hard fruits
- Hard vegetables such as carrots or celery unless cut into small pieces
- Any type of nuts
- Popcorn
- Steak ---unless tender & cut into pieces
- Carmel
- Hard candy and taffy
- Pizza crust
- NO chewing ice
- Any other hard, crunchy or sticky foods

Please understand that teeth may become loose during your treatment-this is the normal biological process of how your teeth move.

Your gums and cheeks will be sore at first placement of your braces. They will "toughen" up during the process and be less tender. During this phase you may apply the wax (given to you at your first appointment) to help soothe the pain.

If you had build-ups place at your appointment your back teeth will not touch all the way together. These build-ups will allow your teeth to move more quickly and keep you from biting off your lower braces. You may have some difficulty eating initially so a soft diet is recommended. Your back teeth will get closer and closer together each day and will allow you to eat more normally. The build-ups will be removed as soon as possible and rarely are on the full treatment time.

Clean Teeth and Braces at All Times

- Brush teeth and braces with a soft toothbrush
- Teeth are to be brushed after eating. This includes after light snacks.
- Make sure to floss your teeth at least once per day. You have received instruction on how to use floss threaders to make flossing around your braces quick and easy.

Check teeth after brushing to make sure they are clean. Leave no debris at the gum line or the hard to reach areas. These spots are vulnerable and if not clean will cause decay at the gum line or the hard to reach areas. These spots are vulnerable and if not clean will cause decay and white or brown decalcification lines.

Remember – braces do not cause white lines around your teeth – it is the food particles and plaque around the brace that causes cavities! Please keep your teeth meticulously clean to avoid decay!