

Taking Care of Your Braces

#1: Salt Water Rinses 3x/day

For the first week with braces, mix 1 tsp salt + 1 glass of warm water and rinse. This is to toughen up the inside of your lips and cheeks, minimizing irritation.

#2: Don't bite solid foods on the 1st day

For the first 24 hours, stay on the softer food diet: soups, yogurt, shakes, mashed potatoes, rice, soft steamed vegetables, pasta



#3: Floss every night

Flossing is just as important as brushing!

A Waterpik is a great adjunct!

If your gums bleed, you may have gingivitis, and need to spend extra time and attention flossing

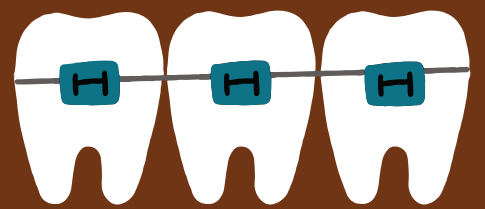
#4: Brush after every meal

- Spend 3-5 minutes brushing
- Brush along the gum lines as well as around all teeth surfaces (prevents gum inflammation and white spots of decalcification on teeth)



#5: Use a small piece of wax around brackets and wires causing discomfort

Please be sure to dry the surface before applying wax for better adhesion. Roll piece of wax into a small ball shape and apply on irritating surface.



#6: Remember to continue to see your General or Pediatric Dentist (every 6 months or as recommended by your dentist)



#7: TAKE MEDICATION FOR PAIN

Post-treatment discomfort may be reduced by taking over-the-counter pain medicine you normally would take for a headache.

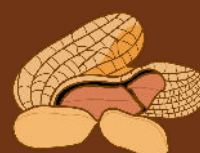
Oral Anesthetics (i.e. Orajel, Anbesol) is a simple way to manage pain by rubbing on sensitive teeth or gums with cotton swab

After you braces are put on, there are certain foods that you will need to be mindful of due to their potential to harm your braces or create more dental discomfort.

Remember, after your braces are affixed to your teeth, a degree of soreness is expected. Your teeth, lips, gums, and sometimes the tongue may be irritated as they adjust to the braces.

The following foods are best to avoid:

- Hard, sticky, gummy, chewy candy (laffy taffy, tootsie roll, skittles, etc)
- Corn on the Cob
- Hard Crusty Bread (toasted bagel, pizza crust, etc)
- Popcorn
- Crunchy Chips (Tostitos, Doritos)
- Hard Pretzels
- Hard, Crunchy Cookies
- Meat on bone
- Ice (dont chew)
- Nuts
- Whole Raw Veggies (Carrots, Celery, etc)
- Whole, Hard Fruits (Apples, Pears, Plums)
- Whole Pickles



Recommended Soft Foods to eat in the first week after getting braces:

- Oatmeal
- Yogurt, Pudding, Jell-O, Applesauce
- Smoothies, Ice-Cream
- Soft, Boiled/Steamed Vegetables
- Scrambled Eggs
- Soup
- Mashed Potatoes
- Pasta
- Once the soreness goes away after the first few days, you can expand your diet (remember to avoid hard, sticky or chewy foods)



What is an Orthodontic Emergency, that needs to be seen ?



- Poking wire that's causing pain or consistent discomfort
- Broken Bracket at the front 6 teeth (top or bottom)
- Loose Appliance (such as an expander)
- Remember ... Orthodontic Wax is useful to stabilize a pokey wire or loose bracket

