

Braces Instructions

What to Expect for the First Few Days

#OUCH - General Soreness

After placing braces and/or changing wires there can be some discomfort. Pain relieving medicine (eg: Tylenol) is recommended. Soreness should subside by the end of the first week. Rinsing with warm salt water can also help.

#WIGGLY - Loosening Teeth

Teeth must loosen slightly at first so they can be moved. But no need to worry, they will solidify and retainers will keep them in their new position once treatment is completed.

#RELIEF - Wax

Poking wires can be a pain in the cheek, but a little wax over the wire or directly on a brace can relieve discomfort. The trick to applying wax is dry the area beforehand!

#MAINTENANCE - Brushing + Flossing

Electric or manual toothbrushes, they are both effective as long as you take your time to clean your teeth. Flossing is very important to avoid cavities between the teeth. Teeth and gums need to sparkle to avoid spots of decalcification, which are permanent white scars on the enamel. Remember teeth move best when clean!

#DENTIST - Regular Cleanings

Continue with regular check-ups and cleanings with your dentist at least every 6 months.

#S.O.S. - Emergencies

Please contact us if a brace pops off, a wire comes loose or something doesn't seem right. If a wire is irritating, you can carefully cut it with nail clippers, apply wax, or it can be repaired at your next appointment if it's coming up soon. Please inform us in advance of any issues.

#A+++ - Compliance

Follow all instructions to obtain maximum results in as short of time as possible. Treatment always runs more smoothly when teeth are clean and elastics are worn as instructed. For Invisalign, the trays only work when you wear them.

#YUMMYUM - Eating

For the first few days, you may want to eat soft foods. Care must be taken when eating hard, crunchy foods. Cut the food into small pieces and chew with your back teeth. Avoid biting into hard foods with front teeth as too much force on a brace can dislodge it or damage the wire.

Food Recommendations

Our goal is to provide you with a beautiful smile. This can only be accomplished if the braces stay attached to your teeth. Some foods are capable of breaking or loosening your braces, and bending your wires, which will prolong your orthodontic treatment.

AVOID Hard and Sticky Foods (examples):

- Nuts
- Bagels/Crusty Bread
- Granola Bars
- Carrots/Apples (unless cut into small pieces)
- Popcorn
- Corn on the Cob (unless cut off the cob)
- Ice Cubes
- Ribs/Chicken wings (unless meat taken off bone)
- Pizza Crust
- Gum
- Chewy/Hard Candy
- Chips

EAT Softer Foods (examples):

- Mashed Potatoes
- Chicken
- Pudding/Jello
- Soup
- Rice
- Meatballs
- Eggs
- Pasta
- Fish
- Oatmeal
- Pancakes
- Yogurt
- Steamed Vegetables

- Chili/Beans
- Fruit
- Cheese

**Please remember to brush your teeth or at least rinse with water after eating sweet foods such as cake, cookies, ice cream, soft drinks, sweet drinks, etc.