



## BRACES INSTRUCTIONS

Your new braces may make your teeth somewhat sore for a few days. If you have discomfort, you may take whatever pain reliever you would use for a headache. Eat soft foods as needed for the first few days. If you can tolerate eating foods that aren't as soft, go ahead and do so. The more you use your teeth for chewing right from the start, the less sore your teeth will be.

Braces may initially affect your speech, but with practice, it will quickly improve. Increased saliva for a day or so is possible, but this will soon return to normal.

### **EXPECTATIONS:**

Keep your mouth clean by brushing around the appliance parts, your gums, and tooth surfaces. It is especially necessary to remove food and plaque from around the gums. Electric, vibrating toothbrushes are helpful.

If something comes loose, call our office to schedule a visit even if you have a regular appointment scheduled. If the braces or wire ends bother your cheeks or tongue, place wax over the area. If you frequently get canker sores, please let us know, and we can recommend a medication. Use warm saltwater rinses as needed to help sore spots on your cheeks and lips.

### **DIET:**

Your braces appliance will affect your eating. You will eventually learn to eat almost anything. However, do not bite into anything hard or sticky, like caramels, jelly beans, jawbreakers, taffy, etc. Do not chew on ice, or hard foods such as carrots or apples. These kinds of foods can cause your braces to become loose. There are lots of foods you can eat with your new braces! You can eat all the fruits and cooked vegetables you've always enjoyed. Just remember to cut harder foods like apples, carrots, and corn on the cob into small pieces. Make sure to cut all meat off the bone. You can eat breads and be careful with tough, crusty breads and bagels. While you will need to avoid sticky, chewy, and gummy candy, like Starburst, you can still enjoy things like Reese's Peanut Butter Cups, 3 Musketeers, marshmallows, etc.

### **HYGIENE:**

Braces or appliances may make it more difficult to clean your teeth. Brushing and flossing are still the primary ways to clean your teeth. It is important to remember swollen gums, permanent scars on the teeth, and cavities can result from poor brushing.

Powered toothbrushes are very helpful since they are more likely to clean all over and are also motivational. We recommend using a brush with a small brush head to get all around your appliances.

Fluoride hardens the enamel surface and is highly recommended. It should be in your toothpaste and mouth rinse. Use as directed on the packaging.

For any questions or concerns, please call (402) 334-7339.