



INSTRUCTIONS FOR BRACES

Problem Foods for Braces
Hard candy Sticky candy Bubble gum (sugar free gum is okay) Corn chips Pop corn Jerky Ice Nuts Pizza crust Corn on the cob Fruits and vegetables (bite-size pieces are okay) Pen & pencils Soda with lots of sugar
These things can knock off braces, which will make the process take longer every time!

Care for Braces
You've got bands and brackets on your teeth! They'll correct the problems, and we'll work together as a team. The most important thing for you to do is to BRUSH and FLOSS. Brush the gum line and the tongue, as well as the brackets. If the plaque is not removed properly, the teeth might get white or brown scars. Also, don't forget to keep regular appointments with your hygienist.

Emergencies
Breakage: Sometimes breakage of the appliances may happen, although most breakage can be avoided if you keep away from hard or sticky food. Please let us know about the breakage so that we can try to spare enough time to properly repair the appliances. If there's any pain associated with the breakage, this might be an emergency – give us a call. Wire poke: If the irritation from the wire cannot be controlled with applying wax, give us a call so we can adjust the wire. Sports accident: Any type of major or minor injury involving teeth and tissue in the mouth should require immediate attention. Give us a call, or seek help from your general dentist.
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Instructions
<u>Wax</u> can be applied to anything sharp and irritating while you're getting used to the braces. Take a small amount of wax and work it in between fingers to soften it. Dry the braces in the irritating area and apply the piece of wax. It is not harmful if you happen to swallow a piece. <u>Thera-bite wafer</u> can be used to reduce the discomfort from braces. You can chew the bite wafer for 10-15 minutes after an adjustment. Also it can be placed between upper and lower teeth while sleeping in order to prevent grinding and appliance breakage. <u>Floss threader</u> is needed for flossing with the wires in place. Tie a piece of floss to the threader and feed it between the teeth and the wire. Floss between teeth in a normal fashion, then slide the floss out instead of lifting it up. <u>Mouth guard</u> should be worn if you play sports that require physical contacts (ex. football, wrestling, etc.). We can provide you with a simple one, so just ask us. If you'd like to get a different one, avoid the ones that need to be boiled and fit to teeth as the braces may get stuck in the material.