

## Congratulations on starting your braces journey with us! Please let us know if you need anything! :)

### Will my braces hurt?

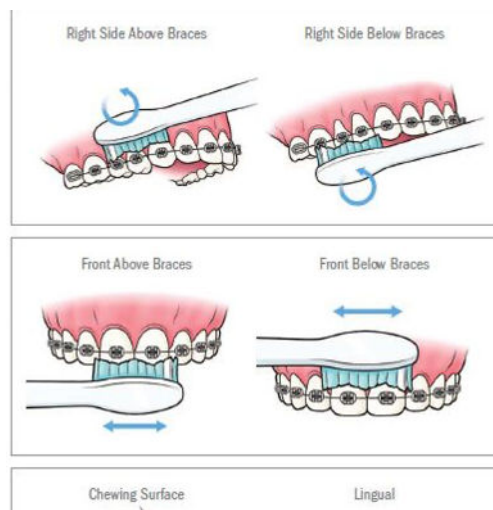
Most patients notice some soreness 24-48 hours after an appointment. This is because your teeth are moving. Any discomfort should subside within a few days. Any over the counter pain reliever like Tylenol or Advil can be used to help ease any discomfort (similar to what you would use for a headache).

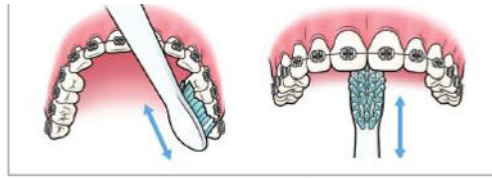
### How do I keep my braces clean?

Brush after every meal! If you don't have a toothbrush with you, then rinsing your mouth out with water immediately after eating or drinking can remove food particles or staining on your braces & teeth.

Don't forget to brush along your gums-this is commonly forgotten!

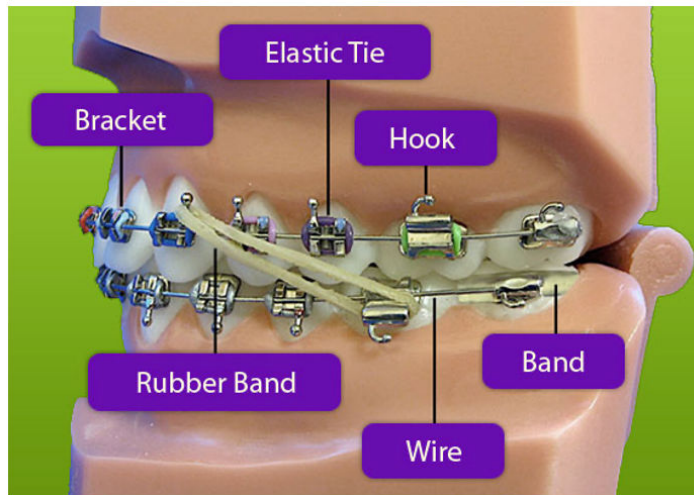
Floss every night! Flossing is so important because it removes plaque and food particles BETWEEN your teeth in areas where your toothbrush can't reach. The 3 ways to floss with braces are superfloss, platypus flossers or floss threaders. See Dr. Nee's video on our website under patient education.





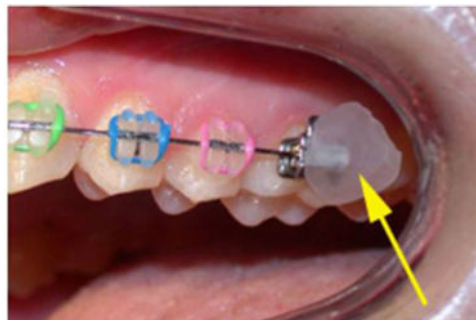
## What happens if I break something?

Feel free to call or text our office to keep us informed on how you and your braces are doing. We will let you know if you can wait until your next scheduled appointment or if you should come in sooner to have an adjustment made. Always place any pieces in an envelope and bring it in with you. Use the diagram below to help tell us what needs repair.



## What can I do if a wire is poking me?

Push the end of the wire toward your teeth with either your finger or pencil eraser. This will move the wire away from your lip or cheek. You can also put wax over the wire as well.



## Be careful with the foods you eat!

You want to be careful of certain hard, chewy, sticky foods that can break the braces off. Certain foods can also get stuck in your braces and can lead to cavities and discoloration.

**Here are some of the foods to avoid with braces, or foods to be cautious of, in order to achieve the best results during your treatment:**

- Popcorn – the hard kernels can harm the brackets or wires.
- Potato chips – this snack can break your brackets!
- Bagels – You do not want to chomp into bagels- try bite size pieces.
- Apples – Chop it into little bites- do not bite into an apple.
- Caramel candies or sour patch kids, etc. – these candies are too hard and sticky.
- Pretzels – this hard crunchy snack can damage your braces.
- Corn on the cob – you can cut the corn from the cob and eat with a fork.
- Raw carrots or celery – cook these foods instead to be safe!
- Tough or chewy meat – tough meat such as pork or beef jerky.
- Nuts – hard nuts such as walnuts, almonds, or cashews.
- Corn chips or takis – another tasty snack that you must avoid.
- Pizza Crust- be careful with the crust! Try eating pizza with a fork.
- Hard taco shells – choose the softer tortillas instead.
- Meat on the bones – avoid eating any meat from the bones like ribs.
- Candy bars – too hard or sticky from nuts or caramel.
- Ice– one of the most common reasons brackets break off!

## **Wear your rubber bands!**

Rubber bands also known as elastics help align your bite. Good rubber band wear can help you finish treatment early, which can help reduce the risk of cavities and gum inflammation.



# **Keep seeing your Dentist for routine cleanings & cavity checks!**

Every 6 months, do not forget your routine check ups. Your oral health is priority! You still need professional cleanings on a regular basis to make sure that any food, bacteria and plaque are removed so that your teeth and gums stay healthy.

## **Mouthguards**

Mouthguards are recommended for patients involved in contact sports like football, wrestling or hockey. There are some on amazon we like from ShockDoctor or we can make a custom one for you.

## **Retainers are for life!**

Just like any other part of our body, things change with age. The teeth are no exception! This is why it is important to wear your retainer to keep your teeth straight and protect your investment for life. We recommend wearing them 24/7 the first 6 months after treatment and then only at night forever after the first 6 months.