



## Care of Your Orthodontic Appliances

Your teeth will probably get sore 4 to 5 hours after your braces are in place. You may want to take 1-2 Tylenol after your appointment and continue taking them to prevent soreness the next day.

Often patients experience irritation from the braces. The wax we gave you may be used to place over sharp or irritating areas. Roll the wax between your fingers to soften it, then place it in the appropriate spot. Orabase can be applied, as needed, using clean fingers or Q-tip to any sore spots. Salt-water rinses may also help. If irritation persists, call our office for assistance.

If a brace comes loose, be sure and call our office even if you already have a scheduled appointment. We may need to see you sooner or allow more time for the repair. Otherwise adequate time may not be available at the appointment. Another appointment may be necessary to replace the broken brace, band or wire.

**PLEASE KEEP YOUR RESERVED APPOINTMENTS!!** We cannot express enough the importance of regular appointments and checkups. Braces can adversely move teeth, causing damage or lengthening treatment time if not supervised regularly by the doctor. If there is a problem making appointments or a financial problem arises, please call our office so that we may assist you. Never stop coming in for regular appointments no matter what the reason!!

**BE CAREFUL OF WHAT YOU EAT!!** Avoid hard, crunchy or sticky foods. These types of foods may bend wires or cause braces to become loose. Please be aware that excessive damage to the braces may prolong the overall treatment of your case. We cannot list everything, but a few popular items to be avoided are:

- POPCORN- stay away from the half-popped kernels
- FRITOS, DORITOS, ETC- the thinner the chip the better
- ICE- a thousand times **NO**
- PIZZA CRUST- pizza is OK but don't eat the ends or hard crust
- PEANUTS- any kind of nut is too hard
- TACO SHELLS- the soft shells are fine
- BUBBLE GUM- any kind of gum is damaging
- HARD OR STICKY CANDY- Jolly ranchers, Now & Laters, Starburst, taffy, caramels, Air Heads, ect. Candy bars are OK if they don't contain nuts
- PENS, PENCILS and FINGERNAILS- try and refrain from chewing these things
- BONES- cut meat such as chicken or spare ribs away from the bone before eating
- HARD FRUITS and VEGETABLES- cut things such as apples or carrots into small bite-size pieces. Corn should be cut off the cob