

Braces



How Do I Take Care of My Braces?

BRUSH after every meal using fluoride toothpaste to clean food from the braces.

FLOSS once a day. It will be much easier if you use the floss threader. Make sure

to clean behind the wire and between the teeth.

RINSE with a fluoride rinse, such as Phos-Flur or ACT, every night to strengthen your teeth against decay and gingivitis.

What Foods Should I Eat or Not Eat?

Excessive pressure on your braces during eating will cause them to come loose. The strength of the glue to hold the braces on is carefully designed to allow us to also remove them when your teeth are straight.

- Softer foods are better - soup, pasta, chicken, meatloaf, etc.
- Bite size is better - cut food into small bite size pieces to avoid wear on your braces during chewing

- Avoid sticky foods - gum, candy, cookies, pies, cakes, etc.
- Avoid hard and crunchy foods - popcorn kernels, nuts, corn chips, hard candies, pizza crust, pretzels, carrots
- Avoid sugary foods - soda, candy, cookies, pies, cakes, etc.
- Do not chew on pens, pencils, fingernails or ice cubes.

Solving Problems—Things to Try Before You Panic

Consult our website, www.comellaortho.com/emergency-care.php for more information on how to care for your braces and how to care for most emergency situations:

LOOSE BAND OR BRACKET

- Use wax to avoid soreness. If a bracket is loose and is not attached to the wire, bring it to the next visit.
- Call the office during business hours to have the braces repaired. The doctor may or may not have you come in before your next visit depending on where it is in the mouth and at what stage of treatment you are in. However,

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contact us regardless so that we can adjust the length of your next appointment, if needed.

POKING WIRES

- If a wire is poking, try to bend it with a sturdy object such as a spoon or an eraser.
- Cover the wire with wax to avoid soreness.
- Call the office during business hours to have the wire adjusted.

LOST TIE OR COLORED ELASTIC

- Unless this causes a wire to start poking, this can wait until your next visit.

GENERAL DISCOMFORT OR SORENESS

- Warm salt water rinses may help reduce discomfort.
- Orabase numbing gel for ulcers that may develop (they heal in 5-8 days)
- Tylenol or Advil for those aching periods after braces are placed or after an adjustment.