



Braces

What to Expect:

- The first week it may feel sore, Tylenol or Ibuprofen can be taken as needed.
- Eat softer foods in the first few days to get used to the braces.

Diet:

- AVOID HARD/STICKY/CRUNCHY foods.

ex- Popcorn, ice, corn on the cob, hard chips, or anything chewy or sticky

Hygiene:

- Take extra good care of your teeth by brushing 3 TIMES A DAY and at least flossing once a day.

Troubleshooting:

- If you have a loose bracket, and it is not hurting you or your gums, please SAVE YOUR BRACKET and call us, as we may need to see you sooner than the normal check up.
- If you feel a poking wire, use the wax for comfort.
- If it's still very painful or scratching, call us and we may need to see you sooner than the normal check up.