



# FIRST DAYS IN BRACES

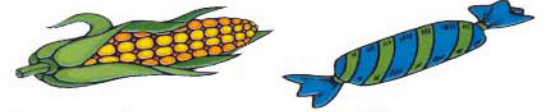


## EATING

- You can eat anytime after leaving the office, however remember to avoid all foods that may be harmful to your new braces. Refer to the "Foods to Avoid" handout.

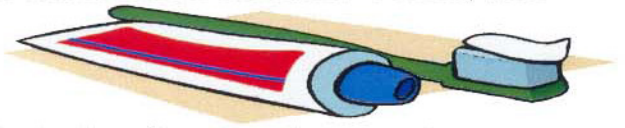
## DISCOMFORT

- You will probably notice some discomfort beginning a few hours after your braces are put on. The discomfort will dissipate once your teeth and cheeks become accustomed to the braces. You may wish to take Tylenol or ibuprofen for any pain.



## BRUSHING & FLOSSING

- It is important to adopt good oral hygiene habits from the beginning. Even though your teeth are probably sore you need to use an orthodontic toothbrush and proxybrush after each meal.
- Floss your teeth every morning and every night before bed.



## BEFORE LEAVING THE OFFICE

- There are routine steps that you should take before leaving the office after every appointment. These steps will help to ensure that your braces are not causing unnecessary discomfort and that your treatment stays on track.
  - 1 Use your finger and tongue to check for any poking wires that should be trimmed before you leave the office.
  - 2 Make sure you understand what you are supposed to do before your next appointment. Ask questions if you do not understand what is required of you. Remember not wearing headgear, adjusting an expander, or wearing your elastics may lengthen the time you need to spend in braces.
  - 3 Make sure that you have all the supplies you need until your next appointment. This means dental wax, special cleaning aids, elastic bands, or anything else you need between appointments.
  - 4 Always schedule your next appointment before leaving the office. To avoid complicating the scheduling process appointments are scheduled 8-10 weeks in advance. Postponing appointments can lengthen your treatment time.
  - 5 Ask questions about your treatment. Your treatment will progress better if you understand what is happening.

## WE ARE HERE FOR YOU

- Please feel free to call the office if you have any questions, problems, or concerns.



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