

## CARE OF YOUR ORTHODONTIC APPLIANCES

Now that your braces are on, you must be sure to brush your teeth and gums better than ever before. Extra care must be taken in the area between the gums and the brackets. We call this area the danger zone. Food and plaque that collects around the appliances can cause:

- Permanent or reversible tooth staining
- Cavities
- Puffy and bleeding gums
- Unpleasant odors
- Irreversible enamel damage

It is therefore vital that your teeth be kept extremely clean. Brush after every meal: don't rush your brush! Floss each night at bedtime. We recommend these helpful devices:

- A good soft-bristled toothbrush and fluoride toothpaste
- Electric toothbrushes: SoniCare and Oral-B
- Super Floss or Floss Threaders
- Interproximal Brushes
- Oral irrigation devices: Water-Pik, Air-Floss
- Orthodontic wax to help mouth irritations
- Fluoride-containing mouth rinse daily: Act
- Fluoride and Calcium containing paste: MI Paste

There will be some discomfort after each visit, which will last from 24-72 hours. Acetaminophen (Tylenol) or Ibuprofen (Advil/Motrin) should be comforting if necessary.

Common sense will tell you what you should and shouldn't eat, but the following list includes things that should never be eaten while your braces are on:

- Hard, brittle foods, such as: ice, peanuts, sunflower seeds, pizza crust, popcorn, taco chips and hard candy.
- Soft sticky foods, such as: chewing gum (even non-stick kind), caramels, gummy candy, and toffee.
- Acidic foods and drinks, such as: soda pop, sports drinks, energy drinks, fruit juices, and bottled ice teas.

Certain foods can be eaten if they are prepared in a special way. Whole fruits and vegetables such as apples and carrots should be sliced and eaten carefully. Hard crusty breads should be broken up and eaten in small pieces. Corn should be sliced off the cob before eating. Keep pencils, pens and fingernails out of your mouth!

If any of your brackets or wires come off, please bring them back to the office for re-cementation. There may be a charge for any broken or lost appliances.

Treat your appliances as you would anything else of such high value: with care and respect! You will be rewarded with the best possible result in the shortest possible time!

**IF YOU HAVE ANY QUESTIONS OR EXPERIENCE A PROBLEM, PLEASE CALL US AS SOON AS POSSIBLE.**