



## “New Braces” Information Sheet

- **The patient may experience some pain and discomfort:**
  1. Tenderness and/or achy feeling throughout the mouth.
  2. Small cuts or canker-like sores on the inside of cheeks and lips.
  3. May last 1-14 days following placement of braces.
- **Oral hygiene:** Please brush your teeth and braces after **ALL** meals and especially sugary treats. Pay close attention to plaque build-up around brackets. This must be removed to avoid permanent tooth enamel damage. Floss regularly.
- **Foods not to eat:** Avoid certain foods such as hard crunchy breads, corn chips, carrot sticks, and hard breakfast cereals. Avoid chewing ice, gum with sugar, excessive sweets, and any food which requires you to bite down hard. **Please use your best judgment when choosing your foods.**
- **Eating:** Please try to eat most food in small bite size pieces. It is our recommendation to tear your sandwiches with your fingers or cut up apples and carrots into small pieces and place these foods on the back teeth for chewing.
- **Broken brackets or loose bands:** Brackets are designed to stay on through the entire orthodontic treatment period. Please do not be alarmed. Contact our office to let us know that you have a broken bracket so the proper time can be allowed on your next appointment to place it back on if needed.
- **Long or pokey wires:** If the wire has come out of the bracket, try pushing the wire back in with your finger or the eraser end of a pencil. If the wire is too long, use manicure scissors to clip the wire. If you are unsuccessful, please call our office so we may assist you.
- **Sores caused by brackets:** Wax may be used on the area of the bracket causing the irritation. A topical anesthetic can also be used directly on the sore area.