

At Home Care Instructions: Braces



Congratulations on your new braces! Below are some home care instructions to help make the transition easier.

You may be sore during the first few days with braces, so stick to softer foods such as pasta, soup, smoothies or ice cream. You may take Tylenol or ibuprofen – or any pain reliever you would normally take. The soreness will go away in a few days, but your lips, cheeks and tongue may be irritated for a week or two. The wax will help with that, all you have to do is take a little piece off, roll it into a ball, and stick it on the area that is irritating you.

Foods you want to avoid:

- Peanuts
- Ice cubes
- Jolly Ranchers, suckers or other hard candies
- Raw carrots (instead, steam them or cut them into small pieces)
- Raw apples (instead, cut them into bite-sized pieces)
- Corn on the cob
- Popcorn
- Meat (cut off the bone into bite-sized pieces)
- Avoid chewing on pens, pencils and fingernails
- If you question it, either cut it into small pieces or avoid it

If you have any questions, please contact:

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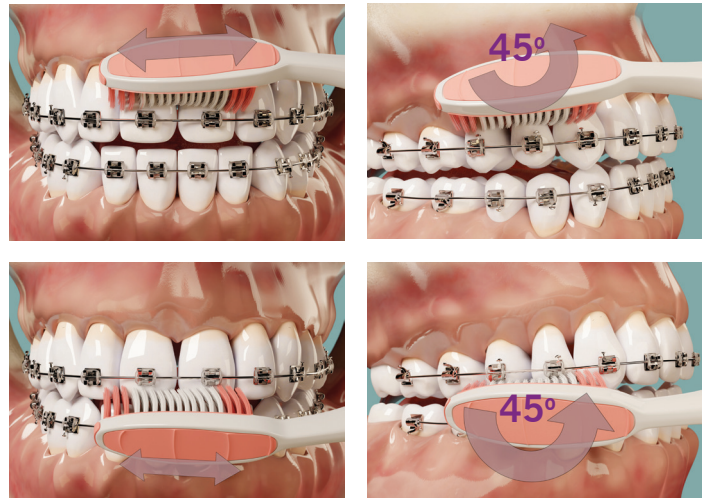
One of the most important things is brushing! You always want to brush in the morning and before bed. At school can be tough, but if you're able to brush, great. If not, then just get a drink of water and brush when you get home. The brushing process will be different at first, but you will get it down quick.

1 You want to make sure you get around the gumline to help prevent your gums from getting puffy – if they are puffy, they can become infected. It also increases your chance of cavities.

2. You want to point the bristles down toward the bracket, then up toward the bracket on both upper and lower arches, brushing in small circles so you get around all four sides of the bracket. Refer to the top four pictures on the right.

- Keep in mind – just going back and forth does not do much.
- If you have an electric toothbrush, all you have to do is tilt the toothbrush so the bristles are toward the brackets and let the toothbrush do its job.
- Please also keep in mind that if your brushing is poor, Dr. Kochenour will remove the braces.

3. There is a little interproximal brush, also called a Christmas tree brush, that was sent home with you. That helps get food that is stuck, but it also can help with brushing and getting in those small, hard-to-get areas. Take a look at the bottom picture.



Initial Here _____

Are you in sports?

If so, make sure you wear a mouth guard. You can get these at any sporting goods store, just make sure you grab an orthodontist-approved one. You do not want to buy a “boil and bite” mouth guard because those can take brackets off.