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Instructions for Orthodontic Patients

WHAT TO EXPECT DURING TREATMENT

- Your teeth and lips will be sore for about 1-2 weeks (different for everyone)
- If any wires or brackets are giving you discomfort, you can place a small amount of wax over them

IF A BRACKET COMES OFF

- If one of your brackets gets loose or comes off, contact our office

AVOID THE FOLLOWING FOODS

- Avoid or limit hard foods
- Foods that could dislodge or damage your braces include nuts, bread crusts, chicken wings, popcorn kernels, raw vegetables, whole fruit, candy, and taffy

BRUSH AND FLOSS

- Brush at least twice a day, everyday. If possible, brush three times a day (after every meal)
- Even though flossing is more difficult with braces, it is still very important and necessary to floss every day to prevent plaque buildup, which causes cavities and gum disease
- To floss more easily, use SuperFloss

If you have any other questions or concerns, feel free to ask us or give our office a call.