

WHAT TO EXPECT WITH BRACES

GENERAL SORENESS

Adjusting to your new orthodontic braces takes some time, but it will get better quickly.

There might be general soreness in the mouth. Rinsing the mouth with warm salt water can relieve this.

Place the orthodontic wax on any areas that feel sharp. Dry the tooth/brace/wire well before placing wax.

You may want to begin with a moderately soft diet as soon as possible. Chewing can help you get rid of soreness faster.

To help with soreness, you can take what ever you take for headaches or similar pain.

Soreness after initial placement of braces usually improves within a few days to a week.

Soreness after routine adjustment appointments usually lasts only a day or so.

EATING

Be careful to protect your braces when you eat. This is a critical factor in orthodontic treatment.

Study carefully and follow the Orthodontic Food List you were given.

LOOSENING OF TEETH

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PERSONAL ORAL HYGIENE

You will receive a lot of information regarding brushing your teeth and its importance. Be careful to follow all instructions.

You will need to adjust your current oral hygiene regimen as instructed.

Remember to work carefully at keeping your teeth and gums clean. Most patients do not give enough time to brushing under the wires near the gums.

Brush at least 3 times per day, or after every meal and snack. Floss at least 1 time per day. Keep your recommended cleaning and check-up appointments with your dentist.



COOPERATION

Success of your treatment depends upon cooperation between you, the Doctor, and his team!

Wear appliances and elastics as directed.
Avoid foods that can create damage.
Keep your teeth and gums clean.

Keep your appointments faithfully.
Handle emergencies promptly.