

## What to expect

- The first few days after your braces are placed on your teeth is a bit of an adjustment period. Your teeth may become sore due to the slight pressure from the braces & wires.
- A softer diet is recommended to help keep this discomfort to a minimum (ice cream/milkshakes/smoothies, soups, cooked pastas, etc).
- If needed, an over-the-counter pain reliever (Ibuprofen, Advil, Motrin) may be used for any discomfort which you may experience. This type of discomfort usually goes away after 24-48 hours.
- We also provide wax you can place on your braces to help with any sores/irritations that may occur while your cheeks gets used to the braces. Warm salt water rinses are a great way to heal those irritations!

## Oral Hygiene

Brushing & flossing your teeth while wearing braces will be more difficult, since there are more places for food & plaque to collect.

- You should brush your teeth a minimum of 3-4x/day: after eating breakfast, lunch & dinner & before going to bed. You should also brush your teeth after eating snacks. Flossing should be done nightly.
  - If you cannot brush after lunch, rinse your mouth thoroughly with water & brush your teeth as soon as possible.
- You should brush your teeth for 3 minutes at a time. You can use an egg timer in the bathroom to keep track of the time which you spend brushing.
- If proper oral hygiene is not followed during treatment, you are at risk for decalcification or "White Spots."

## Diet Modification:

### Avoid Sticky/Chewy/Hard/Crunchy foods

Sticky/Chewy/Hard/Crunchy foods can cause damage to your braces by breaking them or causing them to detach from the teeth. These foods can also damage the wires by bending or breaking them. In addition, the metal orthodontic bands which are on the back molar teeth can become loose. Examples are as follows:

- |             |                   |                  |                               |
|-------------|-------------------|------------------|-------------------------------|
| • Toffee    | • <b>GUM</b>      | • <b>Popcorn</b> | <b>Also avoid chewing on:</b> |
| • Taffy     | • Swedish Fish    | • Mints          | • Mouthguards                 |
| • Skittles  | • Sour Patch Kids | • Jolly Ranchers | • Pen caps                    |
| • Twizzlers | • Milk Duds       | • Lollipops      | • Pencils                     |
| • Starburst | • Tootsie Rolls   | • Thick pretzels | • Fingernails                 |
| • Gummy     |                   | • Jawbreakers    |                               |

Foods you normally bite into (apples, bagels, pizza & crust, corn on the cob, etc), please cut them up and use your back molar teeth to chew them. Biting into these foods with braces on will break your braces in the front!

## Foods with high sugar content

High amounts of sugar in your diet can lead to a significant increase in the risk of getting cavities or developing permanent markings on your teeth. Avoid beverages like soda, Gatorade/Powerade during treatment to minimize your chance of permanently scarring your teeth.

- If you play sports, drink water or limit the amount of Gatorade/Powerade you drink to only practices/games. And when drinking Gatorade/Powerade, do not sip on it over a long period of time and rinse with water after.

## Orthodontic mouthguards

Please call if there are any further questions

Mouthguards should be worn during any contact sport/activity in general, but especially while in treatment. You can find an orthodontic mouthguard at most sporting goods stores (Dick's Sporting Goods, Olympia) or right on the Shock Doctor website ([www.shockdoctor.com](http://www.shockdoctor.com)). Make sure you use a **NON-boil and bite** mouthguard.

Please call if there are any further questions

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