

HIGH LINE ORTHODONTICS

Braces Home Care Instructions

What to expect:

- It is normal for your **teeth to feel achy** after new forces are placed on them for the first time. Soreness WILL go away and you WILL get used to your new appliances. In the meantime, **take Ibuprofen or Tylenol** to stop the aching pain.
- You may get a **blister/sore** here and there but **warm salt water rinses** work wonders. Take a teaspoon of salt mixed in a cup of warm water until it's dissolved. Swish it around in your mouth for several seconds, then spit and repeat!
- Also applying wax, **OrthoDots or GishyGoo** over whatever is irritating your soft tissue. Be sure to dry off the part of the appliance digging into your first with a cotton swab, roll the wax in between your fingers to soften it, then gently press it into the area offending your gums/cheek.
- It is completely normal for your **teeth to feel slightly loose**. In orthodontic treatment we are literally moving your teeth through your bone causing them to be a little mobile.
- Your bite is in a dynamic state during treatment, sometimes it will have to feel worse before it feels better- this is normal!
- Some teeth feel forces differently at times during treatment. As long as the discomfort goes away within a week or two, there is nothing to worry about.
- If you have severe pain that does not go away after a few days and with Advil/Tylenol, please call the office so we can have everything checked out.

Foods to Avoid While Anything is Cemented in Your Mouth:

- Candy
- Hard Candy
- Sticky Candy
- Chewy/Goosey Candy (taffy, caramel, starbursts)
- Nuts
- Hard granola bars
- Hard crust in bread or pizza
- Meat eaten off the bone
- Jerky
- Corn eaten off a cob
- Popcorn (unpopped kernels are dangerous!)
- Ice
- Chips, hard pretzels
- Raw vegetables like carrots

Foods to Enjoy While Undergoing Orthodontic Treatment:

- Soup, soft bread, soft cereals, cooked vegetables, ground meat, yogurt, smoothies, rice, pasta, ice cream, cake
- When in doubt, take small bites of soft food with a sip of water to soften it and chew slowly

Home Care and Dental Hygiene:

- Brushing, flossing, and using a fluoride rinse is more important than ever when in braces
- Brush each time after eating whenever possible, check for fuzzy plaque that stays on teeth under wires, near gums, around brackets
- If you don't exercise EXCELLENT hygiene while in braces, you will get white spot decalcifications, gingivitis (bleeding gums) and cavities

What to do when..

- Loose bracket: Breakage happens. It's not urgent to fix it, place wax on the loose bracket if the now moving bracket bothers your teeth and call the office so we can arrange for a comfort appointment to fix it as needed.
- Loose band: With gentle finger pad pressure, press the band back around the tooth. Eat soft, non-sticky foods. Call the office and we will arrange for a comfort visit to fix it as needed.
- Poking wire: If you recently got your braces, you are in a thing flexible wire that can be cut with a nail clipper. Place wax around the poking wire, use the warm salt rinses, it is doesn't get better in a day or two, call the office to arrange a comfort visit.
- Sore in mouth: Place wax over the appliance that is digging into your mouth. Take Advil. Call the office and arrange a comfort visit.