



# Delaware Smile Center

Family Orthodontics

## WHAT TO EXPECT WITH BRACES...

- Your teeth and lips may be sore for about 1-2 weeks after placement.
- If you have bite guards placed on your teeth, you will only be able to bite on the bite guards. Your other teeth won't touch until later in treatment. You will get used to eating with the bite guards...hang in there!
- You may take Tylenol or Ibuprofen for soreness.
- Wax can be used in any area that a wire or bracket is bothering you.

## IF A BRACKET COMES OFF...

- Don't panic! Although we try to avoid broken brackets, sometimes they do come off. If the bracket comes off of the wire, place it in a zip lock bag and bring it to your next appointment.
- Remember, if you are eating anything hard, sticky or chewy, you will break brackets. **Breaking brackets can add months to your treatment time.**
- **Avoid the following foods: pretzels (hard and soft), pizza crusts, bagels, nuts, chicken wings, popcorn kernels, raw vegetables, whole fruit, taffy, caramels, candies and any other food that is hard, sticky or chewy.**

## KEEP YOUR MOUTH CLEAN...

- It's your responsibility to keep your teeth healthy and clean while you are in braces. You must brush your teeth after every meal – no exceptions.
- If you don't brush and floss thoroughly, you may end up with white spots or cavities around your braces. This can permanently affect the color of your teeth.
- Your teeth will move much faster if you keep your gums clean. Your adjustments will be also be easier and you will experience less soreness after visits.
- Flossing can be difficult but it must be done. Thoroughly floss after every meal.