



# Delaware Smile Center

Family Orthodontics

## ORTHODONTIC CARE INSTRUCTIONS

- It is very important to maintain healthy teeth and gums while in braces. Brushing after every meal and flossing everyday will help prevent permanent staining and cavities.
- Avoid eating hard foods such as nuts, chips, hard candies, and ice. Sticky foods including gum, taffy and caramels should be avoided. Hard and sticky foods can bend wires and break brackets. **Remember, for every bracket that breaks, 4 weeks are added to your total treatment time!**
- Carrots, apples, celery and corn on the cob may be eaten only if they are sliced or grated.
- Do not drink soda unless it is artificially sweetened and only if you brush your teeth immediately afterward. Soda contains an acid that dissolves the cement that your braces are put on with. They will come loose or food will pack behind them and you may get cavities.
- Discomfort is usually only felt in the beginning of treatment or after major adjustments. You may rinse with warm salt water every two hours if needed. Tylenol may be taken with a parent's permission.
- Should a bracket or wire come loose, please call the office. A staff member will schedule an appointment if needed.
- Successful treatment depends on maintaining an orderly appointment schedule. If you cannot make your scheduled appointment, please notify us immediately. Cancel only if it is an emergency. It is difficult to reschedule since appointments are scheduled 4-6 weeks in advance. We will make every effort to find an appointment time to fit your needs. We ask that you extend us the same courtesy by being on time so that everyone is seen at their scheduled appointment.