

INSTRUCTIONS FOR CARE OF YOUR BRACES

1. Congratulations, your braces are finally on!
2. You may notice some initial discomfort for a day or two after you get your braces, this is normal. A mild analgesic such as Ibuprofen or Tylenol will help.
3. Sometimes you may have a bracket that rubs your lips or cheeks. Please use the wax supplied by our office to cover the bracket and help reduce any irritation.
4. Brush thoroughly after each meal. Brush the gum line around the bands and brackets and underneath the wires. If you fail to get the teeth clean and exercise the gums, your gums may swell and make it difficult to clean these areas. Continued neglect of these areas may result in white spots (decalcifications) or even cavities.
5. Care must be taken to avoid certain foods as they may bend your wires and loosen your braces. Avoid these foods:
 - HARD FOODS - hard candy, ice cubes, whole apples (cut them into bite-sized pieces), carrots, and crunchy snack foods.
 - STICKY FOODS - sticky candy, taffy or caramels, and bubble gum. (You may chew any sugarless gum.)
 - SWEETS - foods that are high in sugar content.
6. Remember, all patients with braces must be seen on a regular basis for re-evaluation of the bite and adjustment of the wires.
7. Thank you for your cooperation, we are all looking forward to seeing your beautiful smile. If you have any questions that need to be answered please feel free to call our office.

Thank you,

Dr. Collins and Team

