

Patient Instructions

Orthodontic Treatment

- A dull aching pain and irritation will be there for 3-5 days after every appointment.
- Depending on the type of braces you have been given, it may also take a week or two for the lips, cheek, and tongue to get accustomed to the presence of the appliances.
- Use the orthodontic toothbrush provided.
- While wearing braces you will need to be more careful about what you are eating as well as more diligent in keeping your teeth and appliances clean. Eating certain foods (especially hard, sticky, crunchy, or tough foods) and certain oral habits (like chewing ice, biting pens, or nail biting) can be very damaging to braces.
- Risky behavior and frequent appliance breakage can significantly prolong your treatment and possibly compromise the result. Although, there may be some foods to avoid during treatment, there are still many delicious and satisfying things that you can eat. You must remember, the important thing is to maintain a healthy and well-balanced diet.
- Brushing after every meal, and flossing at least once a day, is the best way to ensure that your teeth and gums remain healthy throughout treatment.
- If you miss a lot of appointments, guess what? You will be in braces longer than you have to be!
- Things to avoid...

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| *Gum (sugar-free or regular) | *Licorice | *Ice | *Hard taco shells |
| | *Toffee | *Nuts | *French bread crust/rolls |
| *Sugar Daddies | *Caramels | *Bagels | |
| *Tootsie rolls | *Skittles | *Chips | *Corn on the cob |
| *Carbonated drinks | *Starbursts | *Pizza crust | *Apples (unless already cut) |
| *Now & Laters | *Taffy | *Lemon juice | *Carrots (unless already cut) |
| *Gummy bears | | | |
| *Jolly ranchers | | | *Hard chocolates |