

# WHAT TO EXPECT WITH BRACES HERE AT ELATE ORTHODONTICS



FAMILY, HEALTH AND HAPPINESS

## **Brushing & Flossing With Braces**

It's critically important to brush and floss regularly when you have braces so your teeth and gums remain healthy during treatment. Patients who do not keep their teeth clean may require more frequent visits to the dentist for a professional cleaning and or dental treatment.

## **Eating with Braces**

For the first day or so, stick to soft foods. Avoid tough meats, hard breads, and raw vegetables. Before long, you'll be able to eat harder foods again. But you'll need to protect your orthodontic appliances when you eat for as long as you're wearing braces. The first thing you must learn to do is to cut up your food into small pieces and use your back teeth for chewing.

## **Foods to Avoid With Braces**

- Chewy foods: bagels, hard rolls, licorice
- Crunchy foods: popcorn, ice, chips, pretzels

- Sticky foods: caramels, gum, taffy
- Hard foods: nuts, hard pretzels, hard meats
- Foods you have to bite into: corn on the cob, apples, carrots

Chewing on hard things (for example, pens, pencils or fingernails) can damage the braces. When a bracket (brace) comes loose and is no longer attached to your tooth, that tooth is no longer moving. In fact, it could begin moving back to where it started.

**Food Guidelines**

**Broken braces mean extra inconvenient repair appointments and longer treatment time in braces.**

|   |   |  |
|---|---|--|
| <p><b>Be Very Careful With The Following</b></p> <ul style="list-style-type: none"> <li>• Fritos, Doritos or any chip snacks</li> <li>• Hard bread rolls</li> <li>• Pizza crust</li> <li>• Pretzels (hard or soft)</li> <li>• Hard French fries</li> <li>• Hard toast</li> <li>• Popcorn</li> </ul> | <p><b>Do Not Bite Into</b></p> <ul style="list-style-type: none"> <li>• Hard candy</li> <li>• Lollipops / Candy Canes</li> <li>• Popsicles or other frozen foods</li> <li>• Large hard raw fruits and vegetables (like apples and carrots) - cut them up first</li> <li>• Chewing on ice is a definite No-No</li> </ul> | <p><b>Avoid</b></p> <ul style="list-style-type: none"> <li>• Sunflower seeds</li> <li>• Nuts</li> <li>• Jerky</li> <li>• Taffy</li> <li>• Caramels</li> <li>• Licorice</li> <li>• Peanut brittle</li> <li>• Candied apples</li> <li>• Any chewy candy</li> <li>• Bubble gum*</li> <li>• Any other sticky, chewy or hard foods</li> </ul> |
|    |    |    |

Note: Unless the packaging says that it will not stick to dental work, avoid gum. Chewing gum wraps around brackets and wires and can cause damage to your orthodontic appliances and your teeth.\*

\*Please ask your orthodontic assistant if you have a question about a specific food.

## **General Soreness With Braces**

When you get your braces, your teeth may be tender to biting pressures for 3 – 5 days. If you are experiencing headaches or discomfort it is preferred to take any OTC pain medication that you would otherwise take for headaches (Tylenol or Advil). The lips, cheeks and tongue may also become irritated for one to two weeks as they toughen and become accustomed to the braces. We will supply wax to put on the braces in irritated areas to lessen the discomfort.

## **Loosening of Teeth**

This is to be expected throughout treatment. Don't worry! It's normal. Teeth must loosen so they can move. The teeth will firm up in their new corrected positions after treatment is completed.

## **Loose Wire or Band On Your Braces**

Don't be alarmed if a wire or band comes loose. This happens occasionally. If a wire sticks out and is irritating, use a blunt instrument (eraser end of a pencil) and carefully tuck in the irritating wire if you can. Simply get it out of the way. If irritation to the lips or mouth continues, place wax or wet cotton on the wire to reduce the annoyance. Call our office as soon as possible for an appointment to check and repair the problem.

## **Rubber Band Wear**

To successfully complete orthodontic treatment, the patient must work together with their orthodontist. The teeth and jaws can only move toward their corrected positions if you consistently wear the rubber bands or other appliances as prescribed. Lack of cooperation following instructions and damaged appliances will lengthen treatment time, so please follow instructions.

## **Athletics & Braces**

If you play sports, it's important you let us know. A protective mouthguard is provided for playing contact sports with braces. Please use mouthguards that are compatible with braces. Shock Doctor Braces Mouthguard is a good option.

## **We Are Here To Support You**

Please feel free to call/text us at 972 538 4343, we would be delighted to help you.

**GOOD LUCK!**