



## How To Be Comfortable And Adjust Quickly To Braces

1. Take acetaminophen (Tylenol) or ibuprofen soon after initial placement and repeat every 6 hours for 2-4 days.
2. For the first week: Eat/drink soft mushy but nutritious foods like soup, protein shakes, chili, yogurt, eggs/omelet's, hot cereal, pasta/macaroni, etc.
3. Use your Chap Stick. You can also place it on braces to make your lips slide over them easier when you speak and smile. If the Chap Stick is not helping, there are wax strips in your start kit to cover up anything that is rubbing the inside of lips, cheeks, gums.
4. Many patients say it helps to chew soft sugarless gum (like Carefree). This seems to relieve the wire pressure. Make sure not to use bubble gum, hard gum, or gum with sugar as that can cause damage to your braces.

## Keeping Your Teeth, Gums And Braces Clean, Healthy and Beautiful

From day one start using a water-irrigator (Water-Pik) and toothbrush along the gum line, between the teeth and encircle the brackets. Do this 2-3 times per day. Spend enough time, 5 to 10 minutes per session, not 1-2 minutes. (Tip)—aim for the gum line and you will get the high risk areas automatically.

## Staying on Task: How to move through treatment quickly, safely and with the best results

Important please read (and follow with 100% commitment) the attached page entitled: Foods and Habits that Loosen and Break Wires and Braces immediately after placement of your braces.

Keep your appointments, and be on time.

## Braces First Aid

Most problems with braces such as pokey wires or loose brackets can be handled temporarily from home. Often you can push the end of the wire in with a pencil eraser, cover up with wax or snip with a strong angled fingernail clipper or sterilized (alcohol, heat and let cool) needle nose pliers if need be.

Remember that you have wax in your homecare kit to place over poky wires or braces. Pat dry the area first, roll the wax into a log and squish it over the bracket or wire and a few neighboring brackets to hold on better. If you run out of wax, more can be found at most pharmacies. If you are still having discomfort, call us and schedule a quick comfort visit to snip the pokey wire. **Unless they are causing pain, which is very unusual, loose brackets or bands do not require a special emergency visit. They will be repaired at the next scheduled visit.**