

Getting Started in Braces



CONGRATULATIONS! You are now on your way to a gorgeous smile! We hope to change your life forever, as you take on the world with your new smile!

Do's and Don'ts

Stay away from two types of food:

HARD CRUNCHIES AND STICKY CHEWIES.

These may include ice, nuts, hard crusts, suckers, jolly ranchers, laffy taffies. Use your best judgment. You'll still be able to eat many of the same things, but you may need to eat them differently.

Cut food into smaller pieces, take smaller bites, and be aware of foods that might break braces.

WAX: If your wire is poking or you have a sore spot on your cheek be sure to dry and apply wax to the offending part. How to apply: Take a small ball of wax and squish it in the offending area. The trick is to have the area completely dry, or else it won't stick.



BRUSH! BRUSH! BRUSH!

Get those bristles working! Circles, up and down, side to side - get those babies clean! Now with braces on, you have so many more nooks and crannies to scrub. Be sure to brush several times a day, at least after every meal. This will keep your teeth sparkling clean and healthy.

What about Flossing?

Just because the wire is in the way, you're not off the hook. Flossing is even more important to do now. Simply feed the floss under the wire, and floss like normal.

