



BRACES CARE INSTRUCTIONS:

Dental braces can trap a lot of food against the teeth and gums. That's why it's vital for you to follow braces care instructions. We want to make sure you have all the information you need to maintain a healthy smile during treatment.

Brush Your Teeth After Every Meal

Remember to always brush your teeth at least twice a day. If possible, we recommend brushing your teeth after every meal. It is important to brush thoroughly. Each time you brush, you should clean the outside and inside surface of each tooth (especially around the gumline) and the chewing surface of each tooth.

Floss Once a Day

Plaque loves to hide between teeth where your toothbrush bristles can't reach. That's why it's important to floss once a day. A floss threader, available from us or a pharmacy, helps you floss with braces. Floss your teeth like this: thread floss through the threader and slip the threader behind your arch wire, then pull the floss between two teeth and up under your gums. "Hug" the in-between surfaces of both teeth and scrape off any plaque.

Strengthen Enamel With Fluoride

Use fluoridated toothpaste as well as a fluoride mouth rinse. Fluoride will help strengthen your tooth enamel, decreasing your risk of cavities.

Avoid Sticky, Hard-to-Chew Foods

While you're wearing metal braces, you should be cautious about eating certain foods.

Please stay away from these troublemakers:

- Sticky chewy foods like taffy, caramels, and jerky
- Hard foods like raw carrots and apples, unless cut into bite-size pieces
- Crunchy foods like corn chips, popcorn, almonds, and corn nuts
- Candy and other sweets, unless in moderation
- Sugary beverages like fruit juice, sports drinks, and soda

Take Care of Poking Wires or Brackets

From time to time, we may need to fix poking wires or loose brackets in our office. But there are many things you can do at home to take care of small issues.

- If your wires start poking, trim the wire with clean nail clippers.
- If a bracket is irritating your cheeks, place a small piece of braces wax on the offending bracket.
- If a bracket comes loose, we will most likely replace it at your next visit.

Come in on time for all of your visits, and follow any special instructions your dentist gives you. Noncompliance will lengthen the amount of time you are in braces and/or negatively impact the overall result.

It is important to also maintain your regularly scheduled cleaning visits during orthodontic treatment. During these visits, the teeth are cleaned and possibly x-rayed, fluoride treatment is administered, teeth are evaluated for decay, and oral hygiene instructions are reinforced.

Please call our office at 706-857-4850 with any questions that may arise.