

YOUR FIRST DAY

- 1) Some rough/sharp edges – totally normal. Use some wax over the troubled areas and give it time, it will get better!
- 2) Some sore teeth – Take Tylenol and eat some soft foods (ICE CREAM!) then it will not bother you as much. Go to school, go to practices/clubs, do your homework, do your chores, etc.
- 3) Loose teeth – for teeth to move, they get a little ‘loose’ – don’t worry, this is normal!
- 4) Uncomfortable bite – when you bite, you may feel your braces or some extra glue (turbos). Give it time, you will get used to it!

5 SIMPLE RULES

- 1) Brush and Floss your teeth – YES, floss too. Brush every time you eat (3 times a day) and floss once a day (night time). Also go see your dentist for cleanings every 3-4 months instead of every 6 months.
- 2) Don’t break your braces – don’t play with your braces and don’t eat the stuff you’re not supposed to eat!
- 3) Come to all of your appointments
- 4) Wear your rubber bands
- 5) Be a good person- do your chores, study hard, don’t ever bully someone, and SMILE =)

FOOD LIST

Stay away from foods that will break or damage your braces! HARD, CRUNCHY, STICKY foods are bad and will damage your teeth and wires. Here are some examples:

- 1) GUM - sorry =(
- 2) Popcorn – the kernels mess everything up!
- 3) Pizza Crusts, Bagels, hard chips
- 4) Meat on the bone, corn on the cob, etc
- 5) Hard, chewy candy – caramels, gummy bears, starbursts, twizzlers, tootsie rolls, etc
- 6) Ice

EMERGENCIES

Basic rule- if it hurts, call us and come see us. If it is not hurting, it can wait until the next time you are coming in. Common things that can bother you with braces

- 1) Something is poking your cheek, gums, lip, tongue – dry the area (q tips work great) and put some wax on it. Or you can use a nail clipper to clip the wire if you are in a jam
- 2) Broken or loose bracket – wax over it if it is bothering you. Call us when you get a chance
- 3) Color came off your bracket – not a problem unless the wire is sticking out

