



BeautifulSmiles.Me

Regarding your new braces:

Hygiene is very important!!!

As Dr. Jon & Dr. Dani always say, “It’s nice to have straight teeth, but it’s even nicer to have healthy ones!!”



Hygiene is critical. Braces are barriers to effective brushing, therefore more time & attention to oral hygiene is necessary to prevent tooth damage. We recommend that you brush your teeth and your braces at least **3 times a day** (after breakfast and lunch & at bedtime). Rinsing with diluted Listerine in the morning and a fluoride rinse (ACT) at night can also help protect the teeth. We have included a special toothbrush in your take home goodie bag, called a proxy-brush. This toothbrush is great at cleaning those areas between the braces & underneath the wire.



And Remember... Visit your general dentist every 6 months for routine dental care including check-ups and cleanings!!!

Emergencies

Most problems associated with braces involve a wire poking into your cheek. This can usually be resolved with the application of wax to the affected area. Braces that come loose, but don’t cause any pain do not usually require an emergency visit, but merely a call to our office to schedule a repair visit. If, at any time you are unsure, or concerned, please do not hesitate to call the office, (631) 754-1745 or (631) 651-8580 to schedule an emergency visit.

Eating Habits

Now that you have a new set of braces, you will have to adjust **what you eat & how you eat** certain foods. Braces are not indestructible and are designed to “break off” at a certain threshold of force to prevent tooth damage. This is a good thing!!! However, the million dollar question that Dr. Jon & Dr. Dani are most frequently asked is, “How long will I have to wear these braces?” Their response is always, “The less the appliances break, the quicker the result.” You must realize that every time a bracket comes off the tooth it was attached to, that tooth is not moving along with the others for a period of time until it can be fixed, usually a month.

Every time a brace comes off = An extra month in braces!!!

There are plenty of foods you can still enjoy while in braces.



You can have corn on the cob; you just need to cut it off the cob!
Reese's Peanut Butter Cups and Hershey's Chocolate Bars (the thin ones) are still O.K.

Jell-O, yogurt, apple sauce and pudding are nice alternatives to sweet and sugary snacks.



Cookies dipped in milk (to soften them) are great!



Cut your hard fruits like apples into *small* pieces and dip them in **chocolate fondue!**

Chicken wings and ribs are o.k. if you *cut the meat off of the bone.*

Thin pretzels and **Pirate's Booty** are great!

Cook your hard vegetables to soften them.



Here is a list of some of the foods you should avoid because eating them can cause damage to your braces.

Gum and Sticky Candies like Starburst, Skittles, Gummy Bears, Gummy Worms, and Sour Patch Kids.

Anything with caramel in it!

Bagels should be cut up into small pieces.

Pizza crust should be avoided, but the rest of the pie is okay!

Chewing ice, your nails, or pens & pencils

Popcorn

Hard cookies & crackers



After a while, you will realize what it is you cannot & should not eat. Our motto is, "if you think you can do harm to the appliance, then you probably will, therefore avoid it!!!" As always maintain a healthy & well balanced diet.

Additional Important Information

Discomfort associated with braces varies from individual to individual & can also vary in duration from a few days to a few weeks. The discomfort is derived from the loosening up of the teeth & their subsequent movement. Usually the use of an over-the-counter analgesic is effective in minimizing any discomfort. Remember, as with most new things, a period of adjustment is expected & necessary.

And of course... Encouragement & understanding from mom, dad & siblings is essential during this adjustment!!!!