

## AFTER BRACES PLACEMENT

Since everyone's teeth and jaws are unique, your treatment plan and the appliances you will be wearing will be unique just as you are. Sensitivity to pressure is quite common after the initial placement of your braces. Please try to eat soft foods at first, but if discomfort persists, you may take Advil® (Ibuprofen) or Tylenol® to help. Since braces trap lots of food, be sure that you brush your teeth right after each meal and before you go to bed. This will prevent cavities and unnecessary fillings.

Please avoid the following:

- Sticky foods like toffees, caramels and chewing gums. They can bend or break your wires.
- Hard foods like apples and carrots. You may want to cut them into small size pieces so you do not break your appliances.
- Crunchy foods like corn chips and nuts.

**MOST IMPORTANT!** Wear your elastics as instructed. Remember the elastics are the force that moves your teeth and the wires are the pathway. The more diligent you are with your elastics the sooner your braces will come off.

Finally, keep your cleaning appointments. We recommend you to see the dentist at least once every 4 months for cleaning and check-up.

If you have any problems, please call our office at 62415941.