



Braces Care Instructions

Smiles made simple.

Congratulations on your decision to transform your smile! Braces are a big investment, so make sure that you take care of your teeth and the appliance while we are in treatment!

Brushing Instructions



The goal of brushing is to keep tooth surfaces clean and free of food and/or plaque. Gum tissue should be pink and flat (not red and swollen). Maintaining good oral hygiene is a key component to avoid scars on your teeth. Using a SOFT bristle toothbrush, start brushing on the upper right side. Brush ABOVE and below the braces, using a circular motion. Slowly work your toothbrush towards your front teeth and then over to the left side. Then brush the inside and biting surfaces. Repeat this process on the lower teeth. The entire process should take you 2 full minutes.

Key points:

1. Concentrate on the gumline (above the braces)
2. Brush or rinse after every meal
3. Visually inspect your teeth to confirm you have eliminated debris
4. YOU MUST continue your 6 month cleaning. Some patients will need to be seen more often

Flossing Instructions



Fun fact!

CLEAN TEETH MOVE FASTER!

Plaque and bacteria cause gingival inflammation! Inflammation inhibits bone forming cells that are necessary for tooth movement! Inflammation also created thicker and larger gum tissue that the teeth have to move through to straighten!

Waterpiks are great products to help wash out food from around brackets. Think of them as small water guns to spray the food off your appliances. Also proxy brushes are useful for getting food out from behind the wire and are easy to carry with you. And lastly, flossing is important and we recommend using orthodontic flossers to help you easily floss under the wires.

Soreness and Irritation

It is normal for teeth to be sore for 2-3 days after braces are placed. Taking a pain reliever (whatever you would take for a headache), keeping your mouth cold, along with eating softer foods will help with the discomfort.

Some soreness to the tongue and cheeks are normal and make take up to a week to heal. Warm salt water rinses will help alleviate this!

Heat activated wires:

- Your wires will relax with cold ice water, ice in any beverage, smoothies and by placing an ice pack over your mouth. This will prevent soreness!
- This allows for lighter forces on the teeth, which makes teeth move faster!

Things to Avoid

Chewy/Sticky Foods

1. Gum
2. Caramel
3. Taffy
4. Gummy Candy

You should be avoiding anything that you would bite into and your teeth stick together!

Objects

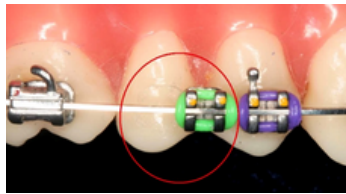
1. Pens
2. Pencils
3. Fingernails

You should prevent non-foods being in your mouth!

Hard Foods

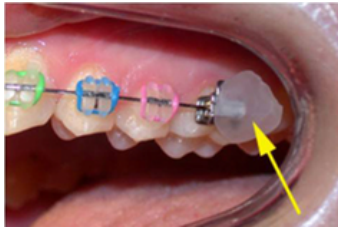
1. Popcorn
2. Nuts
3. Pretzels
4. Ice
5. Tortilla chips
6. Takis!

Common Problems and Solutions



Broken Bracket-

If the bracket is on the wire, leave it in place. If it bothers you, place some dental wax over it. The bracket will be repaired at your next scheduled appointment



Long/Poking wire-

Attempt to clip the wire with clean nail clippers. If unsuccessful, cover with wax. We can clip the wire at your next scheduled appointment.



Wire out of tube-

Use tweezers to thread the wire back through the tube. If unsuccessful, clip the wire to the next closest bracket with clean nail clippers.



Clipping wire-

If you cannot reach the back, cut in between two other brackets and pull the end piece of the wire out of the brackets. We will repair at your next scheduled appointment.

Tips for Finishing on time:

1. Follow the prescriptions of the doctor! Wear rubber bands as instructed!
2. Keep Scheduled appointments
3. Do not break brackets
4. Wear a mouth guard when playing sports!

Poor Oral Hygiene



Gum Inflammation-

Plaque and Bacteria cause inflammation. Inflammation can also cause recession and other periodontal problems that can require costly restorative work later.



White Scars-

The bacteria in plaque produces acids. When plaque is not removed daily, the acid can change damage enamel. THIS IS A PERMANENT CHANGE!

Questions? TEXT us at (770)-972-6000!
(Use this terminology when reaching out!)

