

NOW THAT YOU KNOW

Well, now you know what you can and cannot eat as well as how to brush. The proper care for your appliance and cooperation with us will help get the job done quickly and smoothly leaving you with a beautiful smile. Here are a few tips on how to help us out.

- 1. Avoid working your appliance with your tongue or fingers.**
- 2. Any loose, bent or broken appliance should be reported to the office immediately. Do not wait until your next appointment to tell us.**
- 3. Wear your elastics, night braces or retainers as prescribed in order to get the job done as quickly as possible.**

About your elastics:

***wear them all the time as you are asked and be sure to change them once a day.**

***If you are running low on elastics, stop in the office to pick up more.**

***not wearing your elastics will delay the completion of treatment.**

Children' s Oral Care Only

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NOW THAT YOU HAVE BRACES!!!

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ABOUT FOOD AND EATING

So, now that you have your braces, you are probably wondering if you will still be able to eat. Sure you can!! You have to make your decisions wisely though, or you will end up with a broken appliance. Some foods that should be avoided are:

1. Popcorn, Cracker-Jack, pretzels, French bread crust.
2. ICE – even when crushed.
3. Fruits and vegetables like apples, carrots and corn on the cob must be cut into small bite sized pieces.
4. Anything hard or sticky is a big NO-NO!! Taffy, caramels, jaw-breakers, nut brittles, licorice, nuts, life savers, fruit drops and bones.
5. Sweets and sugar in any form should be avoided to help prevent decay. This includes: jams, pastries, cookies, candy bars, soft drinks, cakes, pies, etc.
6. Last but not least the most important: You may not chew gum of any kind!!! Gum will stick to your braces and will also pull off brackets.
7. Common sense: If you have any doubts about eating something because it may destroy your appliance, DON'T EAT IT!!!

GOOD NEWS

You can still eat plenty of healthy foods that meet the orthodontic safe criteria. Enjoy drinking lots of water, and remember to avoid sipping if you are drinking anything else.

MAINTAINING YOUR BRACES

Each time you eat, you must be sure to brush your teeth. Here are some helpful hints to keep that shiny smile.

1. Make a special effort to clean the area between the edge of the brace and the gum tissue.
2. Stimulate the gum tissue with a dry brush at least once a day.
3. Use whatever fluoride toothpaste you prefer that cleans braces and teeth well.
4. Look in the mirror when done to see if you have cleaned all areas...your braces should shine.
5. FLOURIDE RINES (e.g. ACT). The daily use of a fluoride containing mouth rinse may be beneficial in protecting the teeth from decalcification and discoloration. Before bed, and with nothing to eat or drink to follow, rinse and maintain in the mouth for 15 seconds before spitting.

If you are wearing a removable appliance:

- Remove it to eat, unless otherwise instructed.
- Rinse and brush the appliance as you would your own teeth (you can use toothpaste on it).
- Keep the appliance in the box you were given when it is not in your mouth. Do not wrap in napkins, unless you enjoy reviewing garbage cans for retrieval.

FOR THE DISCOMFORT

During the first few days that you have your braces, you will probably experience some discomfort. You have to remember that the teeth have to get "loose" in order to move.

1. Take Ibuprofen (Motrin) as needed. On the first day, one appropriate dose 30 minutes prior to eating may be prudent.
2. Use hot salt water rinses – "soak" the teeth, let the heat work.
3. Eat softer foods for a while; be kind to your teeth while they are sore.

4. Pad any part of the appliance that may irritate the inside of your lip or cheek with wax.

Here are some directions on how to apply the wax to your braces: Form a small ball of wax about the size of a pea and apply directly to the part of your braces that is causing the irritation. The wax should function as a pad. You can remove the wax simply by brushing your teeth. If you accidentally swallow the wax, do not worry; it will cause you no harm.