



ORTHODONTIC INSTRUCTIONS

Getting braces is a big step toward a more beautiful, confident smile as well as healthier alignment for your teeth and bite. During the season you are wearing braces, your oral care is much more intense and important in order to avoid dental problems. It will be your responsibility to follow our instructions.

1. You will experience pressure and discomfort to your teeth following the placement of your braces. This may continue for a week. After each of the following visits, you may have similar discomfort, but should be less intense and resolve much more quickly.
2. Be gentle and protective of your braces. Avoid chewing very hard or sticky foods. Also, avoid biting into firm food such as raw apples.
3. Keeping your teeth and braces clean will be challenging and important. You must brush and floss around your braces after each meal.
4. If a bracket comes off or a wire is loose, it is not an emergency, but needs attention soon. Please call our office to notify us.
5. It is important to keep all of your orthodontic appointments to progress rapidly and complete your orthodontic care. It will be worth all of your effort when your braces are removed and you have the pleasure of a beautiful smile!