



TAKING CARE OF YOUR BRACES

1. For the first week or so after getting your braces or any new appliances, **do warm salt water rinses (1 tsp salt + 1 glass warm water) 3 times/day**. This will toughen up the inside of your lips and cheeks, decreasing irritation.
2. **Do not bite any solid foods for the first day after receiving your braces.** For the first 24 hours, stay on a soft diet of soups, yogurt, shakes, mashed potatoes, etc. You'll then start a soft food diet (refer to our Orthodontic Food List).
3. **Brush after each meal or snack.**
 - a. Spend 3-5 minutes brushing.
 - b. Use a soft bristle toothbrush and brush in small circular motions at a 45 degree angle towards your gums, and all surfaces of your teeth & braces.
 - c. Brushing along the gum lines prevents decalcification of teeth which causes permanent white spots & lines on the teeth.
 - d. Brush without toothpaste first to visualize all the plaque - then with toothpaste.
4. **Floss every night! Flossing is just as important as brushing.**
 - a. Use the provided floss threader from your ortho kit to floss, or try a platypus flosser. A waterpik is a great tool to use in addition to flossing - but does not replace flossing!
 - b. If your gums bleed you may have gingivitis. Please pay more attention to your oral hygiene! Spend extra time & attention brushing your teeth, gums & floss nightly.
5. **Remember to continue to see your general dentist** for regular cleanings every 3-6 months or as recommended by your dentist.
6. **Use a small piece of wax around brackets creating irritation.** Please be sure to dry the surface before applying wax for better adhesion. If your wax supply runs out, please call or stop by our office for more.
7. Post-treatment discomfort may be reduced by taking Tylenol, Motrin, or Aspirin.