



Instructions for Braces

Traditional braces straighten teeth using a combination of wires and brackets affixed to your teeth. Metal and ceramic options are available. Dr. Smith may require the use of rubber bands/elastics for additional force to assist in moving the teeth and correcting your bite.

Ceramic braces



Metal braces



____ THE FIRST 24 HRS AFTER BRACES ARE PLACED:

- Follow the “Mush diet”- foods, such as soups, smoothies, tender fish, chili, ice cream, Jell-O, mashed potatoes, tender cooked vegetables, soft fruits, macaroni & cheese, etc.
- Take ibuprofen (Advil or Motrin) or acetaminophen (Tylenol) for pain or discomfort every 4-6 hrs.
- Initially, everything may feel weird. It takes about 1-2 weeks to get used to braces.

____ FOODS TO AVOID: In general, avoid things that are **HARD or STICKY**

- Anything sticky, ooey, gooey, such as, gum, taffy, Tootsie Rolls, caramel, etc.
- Hard or crunchy things, like hard candy, crisp vegetables, crunchy fruits, hard breads and crackers, pizza crusts, pretzels, etc.
- **AVOID POPCORN!**
- Take all meat off the bone, corn off the cob, and peel and slice all raw fruits and vegetables.

- The general rule is, if it's too hard to cut up or break up, IT'S TOO HARD TO EAT!

ABSOLUTELY NO CHEWING ON PENS, PENCILS, ERASERS, ICE, OR FINGERNAILS!

_____ BRUSHING, FLOSSING, & WAX:

- Brush 3-4 times per day for 6 minutes each time, using a soft brush in small circular motions focusing on where the teeth and gums meet, and under the archwire between the teeth. Brush your tongue each time you brush.
- Puffy gums are usually the result of poor brushing and flossing. Braces do not cause this. Floss or Waterpik every night before bed. Dental floss threaders, or Super Floss, make this easier.
- When using a Waterpik, set to Level 7 (or higher), fill the entire container with warm to hot water, and follow the gum line slowly in order to clean where the tooth and gum touch, and in between the teeth on both the lip side and the tongue side.
- If something is rubbing or sticking the inside of your lips or gums, place wax on the area that is bothersome. If you run out of wax and are out of town, most pharmacies carry orthodontic wax. There is also an After Hours Care box at each of our clinic locations that is fully stocked with extra wax and elastics.
- Use 'MI Paste' daily just prior to going to bed. Spit out the excess but do not rinse.

_____ WARM WATER RINSES:

- Rinse with warm water 3-4 times per day. This will tighten the archwire so that your teeth will move into the correct position.
- A good time to rinse would be after you brush your teeth, while in the shower, or after using your Waterpik. Hold warm water in your mouth and swish for 30 seconds, spit and repeat this 3-4 times.

_____ LOOSE OR BROKEN BRACKETS/WIRES:

- If something becomes loose or broken, or is consistently bothering you, please contact us so we can advise you how we can make you more comfortable.
- If the office is closed, there will be a prompt for emergencies in our after-hours line that will go directly to Dr. Smith's cell phone. He will be sure to get back with you as quickly as possible.

WATERPIK WATERFLOSSER

Dr. Smith cannot stress enough the importance of excellent oral hygiene during orthodontic treatment. Waterpik Water Flossers are a wonderful way to help keep teeth and gums healthy and clean while wearing braces. This is an excellent investment in the health of your mouth!



Congratulations on beginning your orthodontic treatment! It is important to be compliant when it comes to taking care of your braces and/or appliances. An Orthodontic Clinician has provided and reviewed the use of these items with you:

- Toothbrush
- Waterpik (if applicable)
- Floss & Floss Threaders
- Wax
- MI Paste (*not suitable for those with dairy allergies)

Please sign to confirm you understand all initialed information and have received the items listed above:

Patient/Parent/Responsible Party

Date

Dr. Smith can be reached by calling the office during business hours. For after-hours emergencies, you will have the option of selecting #6 to be connected directly to his cell phone.

Please keep this page for quick reference.

Smith Smile Orthodontics
Call or Text: (678) 905-0300
Email: frontoffice@smithsmile.com

Marietta:

2323 Shallowford Rd.
Suite 101
Marietta, GA 30066

Canton:

3755 Sixes Rd.
Suite 200
Canton, GA 30114