

Life with Braces

Problem Foods: Foods that cannot be cleaned off the braces may lead to discoloration and decay of your teeth, or even cause your braces to become loose! This is why it is important to avoid certain foods! Here is a helpful guide!



**Red Light
Never Eat!**

- Nuts
- Popcorn
- Gum
- Hard Pretzels
- Pizza Crust
- Gummy Bears
- Caramels
- Jelly Beans
- Ice Cubes
- Skittles
- Starburts
- Tootsie Rolls
- M&Ms
- Corn on the Cob



**Yellow Light
Use Caution!**

- Fruits with Pits
- Crusty Bread
- Soda Pop
- Granola Bars
- Foods high in sugar
- *Don't eat often, and brush soon after!
- Tortilla Chips
- Bagels
- Ribs
- Chicken Wings
- Raw Vegetables
- Hard Fruits



**Green Light
Go for it!**

- Ice Cream
- Potato Chips
- Steamed Vegetables
- Pasta Potatoes
- French Fries
- Soft Pretzels
- Yogurt
- Peanut Butter Cups
- Pudding
- Jello
- Soup
- Subs
- Cereal in Milk
- Cheese
- Eggs
- Milkshakes

Emergencies: You might be surprised to learn that you may be able to temporarily solve many problems yourself until you schedule an appointment with our office. A true orthodontic emergency is rare, however when they do occur we are available for you.

Lost Elastic Tie



Please notify us at your next appointment.

Poking or Loose Wire



Loose Wire: Try to place back in with tweezers. If not possible, clip wire with fingernail clipper.

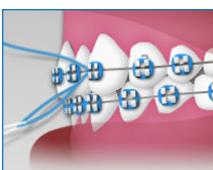
Poking Wire: Try to push down with spoon or pencil eraser. If not possible, cover with wax.

Loose Band or Bracket

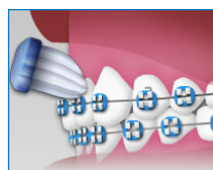


If it is still attached to wire, leave in place. If it is uncomfortable, place wax. If it comes off completely, bring to next appointment.

Brushing & Flossing:



Flossing: Once daily, using flosser or floss, threader insert floss behind archwire. Gently clean sides of teeth and under gums with rocking motion.



Brushing: Holding your toothbrush at an angle, brush under wire and around gum tissue using circular motions three times, daily.

Congratulations!

To make your transition easier, we are supplying you with the necessary tools you need to care for your new appliances! Each one is very important for proper hygiene and all of the supplies are explained below!



Toothbrush

Keeping your teeth clean is now more important than ever! You should brush 3 times a day to maintain good dental health! We will keep record of your brushing with each visit to our office and note any problems we may observe. Make sure you brush around the whole surface of the tooth as well as the gums!



Disclosing Tablets

These are designed to assist you with your brushing! After you brush your teeth the way you normally would, then take one of the tablets out of its wrapper, chew it up and then spit it out. The purple from the tablet will stick to any places on your teeth that you may have missed while brushing! Then brush it off!



ACT Fluoride

This rinse should be used at bedtime after you brush. Follow the directions on the label and do not eat or drink after you rinse. This allows the teeth to absorb the most amount of the fluoride.



Wax

Sometimes during your treatment you may have irritation from a poking wire or just a normal adjustment. Place the wax over the problem area to make you comfortable until you can contact our office.



Travel Toothbrush

The travel toothbrush is designed for easy and compact packing while keeping your toothbrush clean and hygienic. Our staff would be pleased to know you can maintain your oral hygiene regimen for your ortho appliance wherever in the world you may be or plan to go!



Floss Threaders

Flossing is a very important part of your orthodontic treatment, although it may seem difficult or time consuming. Floss threaders can help you get floss around the braces!



Interproximal

This is designed to help remove plaque near and around your brackets. It does not take the place of flossing, but serves as an aid in keeping your appliances clean.



Platypus Ortho Flosser

Use the flosser daily for healthy pain-free gums and clean cavity-free teeth! Insert spatula end of the flosser under your wire and press lightly against teeth. Press spatula against your teeth to remove floss slack. Slide floss up between your teeth. In difficult to reach areas, it is key to maintain pressure against your teeth while flossing!