

Clinton Braces
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CONGRATULATIONS !

Here's some important information outlining treatment and braces care.

Foods to avoid during Orthodontic Treatment!

During Orthodontic treatment certain foods should be avoided, we want the best for you and your teeth, eating hard, sticky, crunchy food will delay treatment time causing broken brackets and orthodontic wires.

FOODS SUCH AS:

- Tortillas chips (Doritos, Fritos, Cheetos, Pretzels, Takis)
 - Candy- hard, sticky, crunchy (starburst, jolly ranchers, now and later, caramel)
 - NO GUM
 - ANYTHING that you have to bite face forward into cut into bite size pieces.
(pizza, burgers, apples, sandwiches, etc.)
 - Hard pizza crust, bagels, croutons, cereal
 - ALL meat should be off the bone (Chicken, Pork, Steak)
 - Corn on the cob needs to be cut off cob
 - Fried Chicken
 - Ice
 - Nuts
 - Popcorn
 - Hard vegetables and fruits should be cut into small bite size pieces
- Anything** that is hard, crunchy, or sticky that is not mentioned above.

Items that are not food but can break brackets:

- Pencils and pens
- Nails
- Clothes

Please refrain from any **chewing habits**

Brushing & Flossing with Braces

Brushing and flossing is very important during Orthodontic treatment. To prevent decalcification of teeth, cavities, swollen gums, and other dental health issues you should brush and floss after every meal, if brushing is impossible then rinse your mouth after lunch or breakfast is acceptable. But you should always make it a habit to brush and floss, especially before bed. Failure to keep oral hygiene during Orthodontic treatment may result in an earlier treatment release.

What to expect the first month of treatment

During the first month of Orthodontic treatment you may experience minor discomforts. Your teeth are aligning and you may experience discomfort when you're eating and talking. Brackets may rub your cheeks and lips, causing sore spots. You may use orthodontic wax given to you in the patient care kit, you may also take any over the counter medicine normally used for a headache. ex. Tylenol, advil, motrin, ibuprofen.

What's an orthodontic emergency?

It's not uncommon in the first month of orthodontic treatment for brackets to become loose, we understand braces are new to you and you have to get used to living your daily life with braces. If a bracket is to become loose **IT'S NOT AN EMERGENCY!** You can give the office a courtesy call letting us know you have loose brackets and more time will be scheduled at your next month's monthly adjustment. Only if the bracket is causing discomfort it is an emergency. You can give the office a call for an emergency appointment. At your emergency appointment you will be made comfortable. Your broken bracket will not be repaired until your next monthly adjustment. The same goes for poking wires and any other orthodontic emergency you will be made comfortable, and any broken wire will be repaired at your next monthly adjustment.

You can find ortho wax & flosser at your local stores such as:

- Walmart, Target and Amazon

