## **Taking Care of Your Braces**

## #1. Do salt water rinses3 times/day

For the first week with braces, mix 1 tsp salt + 1 glass warm water and rinse your mouth. This will toughen up the inside of your lips and cheeks, decreasing irritation.



#### #3. Brush after each meal

- spend 3-5 minutes brushing
- Brushing along the gum lines prevents decalcification of teeth which causes permanent white spots & lines on the teeth
- Brush without toothpaste first to visualize all the plaque - then with toothpaste

# #5. Remember to continue to see your general dentist

Go for regular cleanings every 3-6 months or as recommended by your dentist.



### #7. Take medicine for pain

Post-treatment discomfort may be reduced by taking Tylenol, Motrin, or Aspirin.

### #2. Don't bite solid foods on the first day

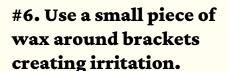
For the first 24 hours, stay on a soft diet of soups, yogurt, shakes, mashed potatoes, etc. You'll then start a soft food diet (refer to our Orthodontic Food List).



### #4. Floss every night

Flossing is just as important as brushing.

- A waterpik is a great tool to use in addition to flossing but does not replace flossing
- 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.



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.



