

Taking Care of Your Braces

#1. Do salt water rinses 3 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.



#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).



#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



#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.



#5. Remember to continue to see your general dentist

Go 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. Take medicine for pain

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

