

Adjusting to Braces

For the first few days after braces or wires are placed, the teeth are usually tender and sore. The discomfort can be relieved with over-the-counter medication. The lips, tongue, and cheeks may also be sore for the first one to two weeks as they adjust to the surface of the braces. Placing wax over the braces as directed will help relieve the discomfort. Rinsing with warm salt water will also speed up the adjustment process. Dissolve one teaspoon of salt in eight ounces of warm water and rinse for thirty seconds twice per day.

Brushing and Flossing

It's more important than ever to brush and floss regularly when you have braces so the teeth and gums are healthy after orthodontic treatment. Food tends to accumulate around braces, especially near the gumline. If the teeth are not cleaned as directed, stains, cavities, or gum problems may develop. After the braces are placed, instructions will be given in brushing and flossing. Even while under the care of an orthodontist, it is essential to continue to see a regular dentist at least every six months during treatment.

Tooth Movement

During orthodontic treatment, it is normal for teeth periodically to become loose as they are repositioned. In fact, teeth must loosen or become mobile prior to being moved. The teeth will lose this mobility after tooth movement has slowed or after braces are removed.

Care of Appliances

To successfully complete the treatment plan, the patient must work together with the orthodontist. The teeth and jaws can only move toward their corrected positions if the patient consistently wears the rubber bands or other appliances as prescribed. Damaged appliances lengthen the treatment time.

Orthodontic Emergencies

Fortunately, it is rare for an orthodontic emergency to occur, but we have outlined the ways to treat these issues at home. It is important to remember that when a bracket is loose or a wire sticks out, you do not have to come to the office right away unless you are in pain or experience severe discomfort.

Loose or Broken Bracket/Band

Eating hard foods or playing with your braces may cause breakage. This isn't an emergency, and if you are not experiencing discomfort or pain, you don't need to come in to the office immediately. Please call the office and schedule an appointment. Simply leave a loose bracket in place and cover with wax if needed. If the bracket comes out, bring it to your appointment.

Ulcers or Sores Inside Cheeks

It is common to experience some soreness inside of your lips or cheeks at the beginning of treatment. Your mouth will get used to the braces, and after a short time, those ulcerations will begin to disappear on their own. You may use wax to cover brackets that may be causing those ulcers. Make sure that you keep the area clean and give yourself some time to adjust to your new braces.

Wire Out

Occasionally during treatment, the wire could completely come out of the tube in the back of the mouth. If this happens, try to push it back into the tube with your fingers or tweezers. If you are unable to, you may use clean nail clippers to cut the wire and remove any loose pieces. Call the office for an appointment.

Accidents While Wearing Braces

If you experience any sort of facial trauma during your treatment and your teeth were affected, call us immediately to schedule an appointment to have them examined or visit an emergency room.

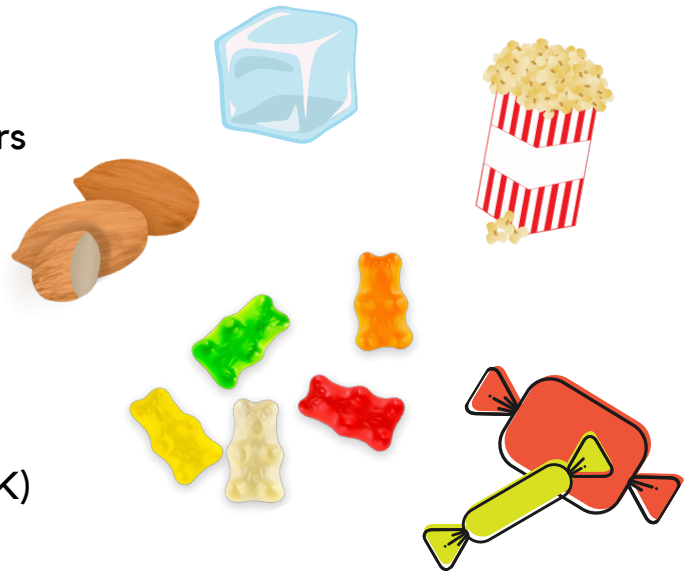
Remember, don't hesitate to call with any questions or concerns. You are our number one priority!

what can i eat?

Overall, people with braces should avoid hard, chewy, crunchy, and sticky foods. Avoiding foods you like may not be fun, but eating things that you're not supposed to eat can cause broken wires or brackets. These can not only be painful, but can actually prolong treatment. In other words, break the rules and you could be stuck with your braces for even longer.

Do NOT eat:

- Caramels or gooey chocolate bars
- Hard candies
- Whole nuts
- Chewy candy, taffy, or gummies
- Popcorn
- Bubblegum (sugar free gum is OK)



Use caution when eating:

- Chewy/tough breads (bagels pizza crust) – tear into small pieces
- Chips – eat them carefully and one at a time
- Corn on the cob – cut off the cob
- Raw fruits and vegetables – cut into small, thin pieces
- Soda and sugary drinks – avoid these whenever possible, as drinking too much can cause tooth decay

Tear or cut food into bite sized pieces instead of biting with your front teeth

Finally, don't chew on any hard items such as ice, pens, pencils, or fingernails.

Call the office if you notice any loose brackets!



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