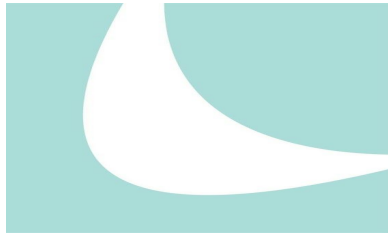


ORTHO HOME CARE INSTRUCTIONS



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Eating with Braces

For the first day or so, stick to soft foods (ex. soups, pasta, eggs, cheese, yogurt, fish, cooked vegetables, soft meats and poultry). No bread at all for the first 24 hours.

Foods to Avoid

- Ice (even if you're careful)
- Jolly Ranchers, snickers and other hard candies
- **Gum of any kind**
- Hard chips like Doritos
- Raw vegetables
- Carrots, apples, pears, etc. should be cut into small pieces
- Stay away from the bottom of the popcorn bag - the hard kernels are bad news
- Meat should not be chewed off the bone - it should be cut off
- Corn on the cob should be sliced off
- Pizza crust, bagels, and French bread should be broken into bite-sized pieces
- Pens, pencils, and fingernails should not be bit down on as they will also damage the braces

General Soreness

When you get your braces on, you may feel general soreness in your mouth and teeth may be tender to biting pressures for three to five days. Rinsing your mouth with cold water can relieve this soreness, as the wires we place are thermal activated. If the tenderness is severe, take a painkiller that you would normally take for headache or similar pain. The lips, cheeks and tongue may also become irritated for one to two weeks as they toughen and become accustomed to the surface of the braces. You can put wax on the braces to lessen this. We'll show you how!

Loosening of Teeth

This is to be expected throughout treatment. Don't worry! It's normal. Teeth must

loosen first so they can be moved. The teeth will again become rigidly fixed in their new - corrected - positions.

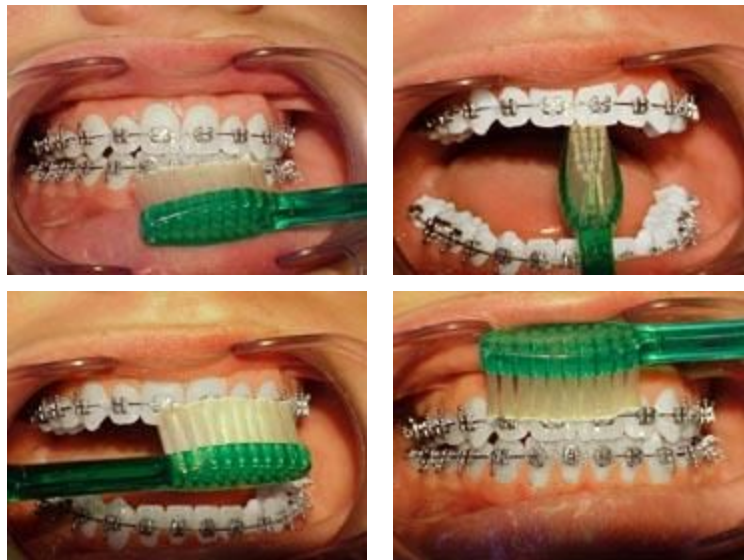
Playing Sports with Braces

Yes you can still play sports even while undergoing orthodontic treatment. It is recommended to wear a mouth guard in order to protect your teeth and appliance.

Brushing/Flossing

Brushing/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. While on braces don't forget to keep up with your 6 month hygiene appointment!



What Do I Do if I Have an Emergency?

Emergency Care

As a general rule, an emergency appointment may be made when there is severe pain, a loose band, a broken wire or something sticking out that you can't take care of by using wax when after office hours. For any other questions or concerns please contact our office.