



# Post-Op Care for Your Braces

## Follow these recommendations to maximize your orthodontic treatment:

### **1-Brush and floss your teeth**

Healthy teeth respond best to consistent oral hygiene. Maintain the quality of your braces along with your teeth helps assure the best outcomes.

### **2-Keep your appointments and follow directions**

Your orthodontic success involves routine progress checks. Adjustments and observation can keep you on-track and eliminate an extended treatment period.

### **3-Be patient**

Treatment times vary. Your teeth will adjust at their own pace and according to the recommended course of treatment prescribed for you.

## About your spacers

Your spacers are intended to create space in the appropriate location. You will eventually have the appropriate number of bands around your back teeth.

An over-the-counter pain reliever (Tylenol, Advil, etc) will help with any discomfort you feel when wearing spacers.

## About your rubber bands/elastics

Wear any bands that are recommended. This helps keep you on schedule with your orthodontic treatment.

## About your braces



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Consult the information provided to you about your specific type of braces (Diagrams, images, etc.). Get to know the various parts and be aware of any problems you have with a particular area of your braces.

### About your braces and eating

Expect an adjustment period when eating during your braces treatment. Be patient with food choices (necessary soft foods) for the first days of treatment.

### Avoid the following during braces treatment:

- ❖ Gum of any kind (even sugarless)
- ❖ Sticky, chewy, and hard candies (Skittles, Now and Laters, Gummy Bears, Caramels, Tootsie Rolls, etc.).
- ❖ Hard foods including nuts, some chips, some bagels, and hard crusts (pizza, etc.).
- ❖ Corn on the cob (remove it from the cob)
- ❖ Pure, non-diluted lemon juice (no raw lemons)
- ❖ Chewing on ice

***Follow these instructions to assure the best results during your braces treatment.***