



# 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. Maintaining 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

Consult the information provided 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.



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## 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.***