

Information for Newly Banded Patients

1. Avoid any food that requires chewing for the next 72 hours. The glue under the brackets is not set up, and needs this time to properly harden.
2. Your teeth will be sore for approximately one week. Choose soft foods, and you may also use pain medication to help ease your discomfort (Advil or equivalent can be a good choice).
3. Hard and/or sticky foods will damage and break your appliances (braces). Please refer to the “No-no List” to make sure that you don’t cause any damage by eating the wrong foods.
4. You will need to brush after EVERY meal and/or snack. Take your time to ensure that the braces are clean and shiny with no dull spots. Be especially aware of brushing your gum lines as well; they need to be cleaned and massaged as the braces trap food and plaque and cause the gums to become swollen and unhealthy. Spend at least 10 minutes brushing your teeth each day, and check in the mirror to make sure all areas have been cleaned. If you notice any food or dull areas, it is important to clean these areas again.
5. Flossing needs to be done once a day and we suggest that you do this before bed (when you have more time). Use the floss threader or super floss to feed the floss under the wire between all of your teeth.
6. Your tissues (cheeks, tongue, etc) will take a few days to adjust to your braces. Use the ortho wax to cover any rough areas that may develop.
7. If you experience any breakages, or damage to your braces please call the office and report it. We may need to have you in to make a repair, or adjust your next appointment to allow time for any repairs that may be needed.
8. If you have any concerns or questions with regard to your treatment, please do not hesitate to contact any of our staff members. We will be happy to help you, and answer any questions.

We look forward to working with you!