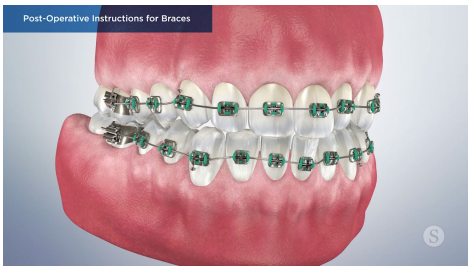
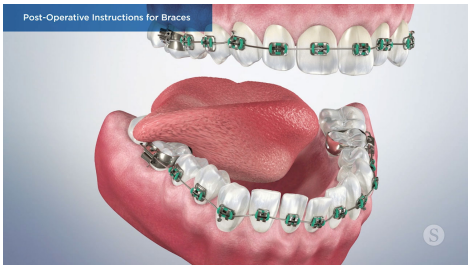
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Post-Operative Instructions for Braces



After your braces have been placed, it is important to follow these care instructions to keep your teeth healthy and your braces functioning correctly during treatment.



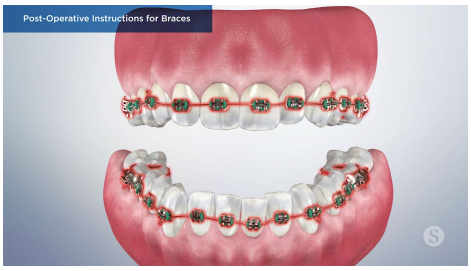
Immediately after your procedure, use your finger and tongue to check for wire ends that extend into areas that may poke or irritate your mouth.



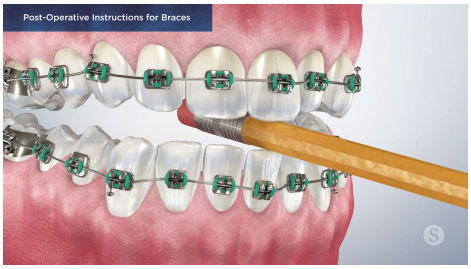
Your doctor will provide you with a supply of wax to place around the wire or brackets to minimize irritation.



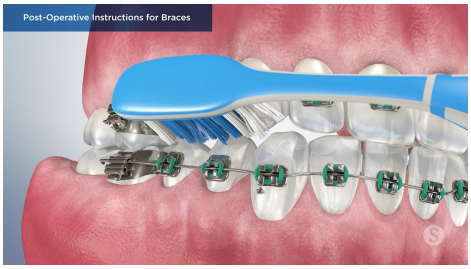
Your mouth and teeth may be sore for up to a week. To help, you can rinse with cold water, take an over-the-counter pain reliever or use a topical numbing gel to sooth any tenderness.



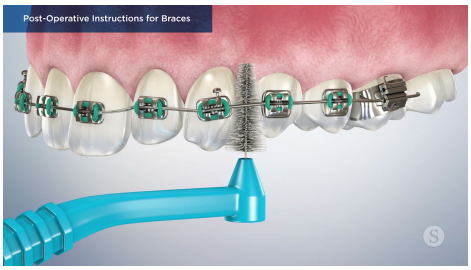
For the first few days, try to eat only soft foods until you become accustomed to your new braces. Throughout your orthodontic treatment, avoid eating hard, chewy or sticky foods to avoid damaging the brackets. Ask your doctor for a complete list of foods to avoid.



Also, do not chew on hard objects like ice cubes and pencils as these can damage your braces.



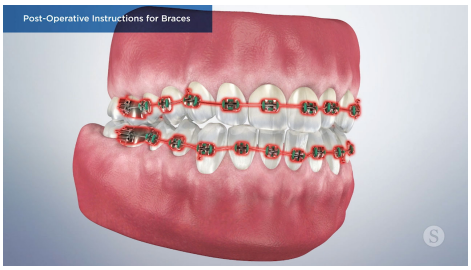
Daily home care is more important than ever for keeping your teeth healthy during orthodontic treatment. You should brush and floss after every meal taking extra care to brush your teeth and around your braces to dislodge food and to keep free of plaque buildup and decay.



Your doctor will recommend and demonstrate any specific cleaning aids you may need for home care.



If you play contact sports, make sure to talk to your doctor about precautions such as a mouth guard to protect your teeth and braces.



At any time during your treatment, if you experience severe pain, a loose bracket or band, or a broken wire, it is important to contact your doctor's office for assistance.

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