

CARING FOR YOUR Braces

The First Few Days:

It is normal to feel soreness during the first few days. Non-prescription pain relievers can be taken every 4-6 hours if needed. We recommend rotating Tylenol and Ibuprofen.

Eating soft foods and taking small bites can be helpful. Cold foods and drinks tend to help to relieve pressure. Wax can be used around brackets and wires. First, dry the area and then apply a pea-sized amount of wax. In time, your mouth will toughen up to your braces/appliances.

The glue used to place your braces takes about 1-2 weeks to completely cure. If a bracket should break during this time, you will be scheduled to come back after that 2-week period. Doing so reduces the possibility of unnecessary visits and allows time for your soreness to subside.

In Case of Emergency:

True emergencies are seen promptly during office hours. Emergencies include serious trauma to the mouth. If unable to reach us, call your general dentist or go directly to the emergency room for care. Usually, a radiograph is required to determine the extent of the injury.

Repair:

If something is loose or broken, call us. We will assess the issue to see if a visit is required to remedy the problem. If so, an appointment will be scheduled within a few days.

Wire:

If a wire is broken or irritating, cover with wax and schedule an appointment.

Bracket, band, appliance:

If completely dislodged, save in a baggie to bring with you and call for an appointment.

Bite turbos:

They keep teeth from hitting brackets when biting down. Normally, two turbos are placed, so if one comes off you have a backup turbo in place. If both turbos are off and you are hitting brackets when biting, give us a call.

Additional:

Prescribed elastic wear is 20-22 hours every day. Remove only when eating or brushing. Proper wear keeps you on track for treatment completion.

When playing sports, it is important to wear a mouthguard. Need one? Ask us, we generally have them.

If you are unsure or have any questions,
let us know. We're happy to help!

888.55.BRACES

www.coolsmilesorthodontics.com

