



# BRACES 101

**Congratulations! You survived the first day...Now What?**

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## DO:

Rinse with water after EVERY meal, drink, or snack

Brush for 2 minutes (or more!) twice a day and floss regularly

Brush your GUMS after brushing your teeth

Cover any bracket with wax if it is rubbing a sore in your gums

Drink plenty of water to prevent your mouth from becoming dry

Take Motrin or Tylenol the first few nights to prevent soreness

Eat healthy, nourishing foods to build strong bones and gums

Use common sense when choosing appropriate foods while in braces

## DON'T:

Eat caramels, taffy, or other chewy or sticky foods

Chew on ice, pens/pencils, nails, or hard candies

Bite directly into an apple/carrot, etc (cut into bite size pieces first)

Forget to brush your gums

Forget to rinse after each meal, drink, or snack

**DO NOT MISS YOUR NEXT APPOINTMENT!**

## NORMAL THINGS TO EXPECT:

Sensitivity when chewing for the first few days

Sensitivity to cold on any tooth hitting early when closing your mouth

Light irritation or sores around lips/cheeks (use wax before it gets bad)

Wire pokes while in the first series of smaller wires

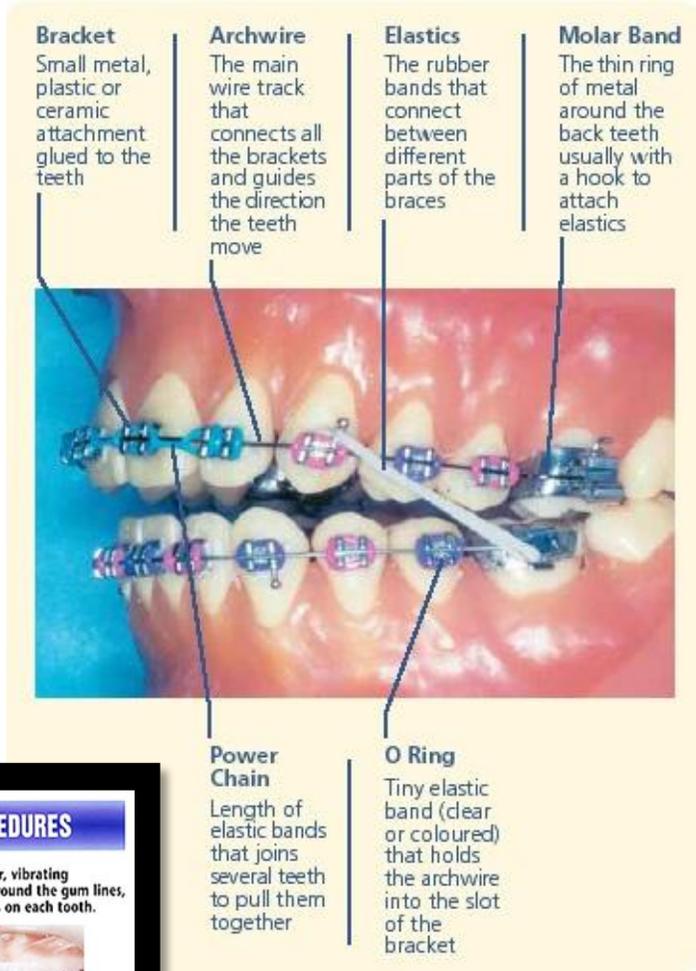
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[WWW.CAVERN CITY ORTHO.COM](http://WWW.CAVERN CITY ORTHO.COM)

# ORTHODONTIC DIAGRAM:

Please refer to this diagram when referencing your braces. Proper descriptions help us to schedule "repair" appointments accurately which helps to keep our schedule running smoothly and on time.

As a courtesy to the office and other patients, please call the office to let us know if you know if you have an issue (ex: a broken bracket/wire), so that we can allow appropriate time in our schedule to make repairs.



**ORTHODONTIC BRUSHING AND FLOSSING PROCEDURES**

**BRUSHING**  
With your toothbrush (soft bristles only):

**WHEN?**  
After every meal.  
If you cannot brush right away, rinse well with water.

- Use a dry brush with a small amount of toothpaste. Place bristles where gums and teeth meet.
- Use circular, vibrating motions around the gum lines, 10 seconds on each tooth.
- Brush slowly, each arch separately, every tooth.
- Brush the lower teeth up and the upper teeth down. Brush your tongue and the roof of your mouth too!

**CONCENTRATE ON THE DANGER ZONE!**  
... the space between the bands or brackets and the gums!

**FLOSSING**

**WHEN?**  
Nightly after brushing.

**HOW?**  
Use floss threader between gums and braces.

**WHY?**  
Removes plaque toothbrush misses.

- Carefully pull unwaxed floss between wire and braces. A floss threader may be helpful.
- Floss carefully around the braces.
- Floss carefully around the gum area.
- Floss carefully around each tooth.

Special brushes can be used for hard-to-clean places.

## BRUSHING AND FLOSSING WITH BRACES

