



New Patient Care Instructions

Congratulations! You are one step closer to having a beautiful smile. Here is what you can expect to experience after your braces are placed and how to take care of an “emergency” situation with your braces.

Soreness/Mild Sensitivity

You will have general soreness and even mild tooth sensitivity after the braces are bonded to your teeth (this can last from 3 days up to 2 weeks). We recommend a soft-food diet and an over-the-counter pain reliever (Tylenol, Advil, etc.) for the first few days.

Ulcers

There are two types of ulcers that may occur during your time in braces:

- Ulcers on the underside of the lips and cheeks – After a few days with braces, you may notice ulcers or indentations on the inside your cheeks/lips where the braces are pressing. This is a normal occurrence during the first 2 months of braces. You can relieve the discomfort by using a small amount of wax included in the New Patient Kit. Additionally, you may use an over-the-counter local anesthetic ointment, such as Orajel.
- Ulcers on the backside of the cheeks – These types of ulcers can happen when the orthodontic wire is poking your cheeks. This will NOT resolve itself, so please call our clinic for a wire-clip appointment (SOS Appointment). While waiting for your SOS appointment, you may use a small amount of wax where the wire is poking.

Broken Brackets and Wires

It is very common to break brackets during the initial phase of treatment (first 6 months). If a bracket comes off, please save it and bring it to your next appointment for a repair. However, as your treatment progresses further, it becomes more important to fix the broken bracket as soon as it happens. Please note that when more than one bracket is broken, you will be scheduled for a longer appointment another day, even if you came for a SOS appointment. SOS appointment is strictly to address any pain, discomfort, or any procedure taking less than 15 minutes. Please remember that it is extremely rare to have a true emergency situation in orthodontic treatment.

What is True Emergency?

It is very rare for patients to experience a “true emergency” from orthodontic appliances (other than the discomfort described above). However, if you are experiencing severe pain, fever, visible external swelling around your neck/jawline, difficulty breathing or swallowing, please seek an immediate medical attention from medical professionals.

Eating with Braces

- Always cut your food into small pieces (no larger than size of your thumb nail) to avoid wires coming out of the back brackets or breaking wires/brackets.
- Foods to Avoid – Ice, hard candies, sticky chewy candies, tough breads (pizza crust, bagels, etc), hard chips (Doritos, pretzels, etc.), crunchy foods, fried chicken, ribs, wings, nuts, and raw vegetables (carrots, celery sticks, etc)

Recommended Oral Hygiene Products for Braces

- Toothbrush – Both manual and electronic brushes are acceptable.
- Proxabrush – GUM Proxabrush Go-Between Cleaners (Tight or Ultra Tight) are used in addition to regular tooth brushing. Small bristles allow plaque removal around and in between brackets.
- Flosser for Braces – You can also use DenTek Floss threaders with waxed string floss. For more convenience, you can purchase Platypus or Plackers brand single-use flossers for braces.