



Post-Operative Instructions: Placement of Braces

Please adhere to the following instructions to prevent any unnecessary discomfort and ensure the success of your treatment:

Adjusting to Braces

- **Initial Soreness:** It is normal for your teeth and lips to be sore for the first couple of weeks while they get accustomed to the braces. Use orthodontic wax over the brackets to reduce rubbing against your lips. To reduce pain or soreness, Advil (Ibuprofen) or Tylenol (Acetaminophen) can be taken unless you are allergic or have been instructed otherwise. However, regularly taking Ibuprofen can slow down the alignment of your teeth.

Sensitivity

- **Tooth and Mouth Sensitivity:** Your teeth and mouth may feel sensitive or sore, which is normal and should subside over the next few days. Sensitivity to hot, cold, and pressure is common. As long as the sensitivity continues to lessen, there is no need for concern.

Dietary Guidelines

- **Avoid Sticky, Chewy, or Hard Foods:** Do not eat anything sticky, chewy, or hard, as this could break off a bracket or cause decay. Common foods to avoid include:
 - Gum
 - Caramels or Taffy
 - Licorice and Tootsie Rolls
 - Hard Candies
 - Hard Taco Shells
 - Bagels or other hard rolls
 - Pizza Crust
 - Nuts
 - Popcorn
 - Beef Jerky
 - Lemon Sucking
 - Sodas
 - Chips
 - Ice Chewing
 - Corn on the Cob
 - Cut up hard fruits and vegetables like apples or carrots rather than biting directly into them.



Oral Hygiene

- **Brushing and Flossing:** Braces make brushing and flossing more challenging. Ensure you brush after each meal and floss at least once a day. If you are unable to brush after a meal, rinse vigorously with water. Consider adding the following to your routine:
 - Orthodontic-Specific Floss
 - Picks
 - Interproximal Brushes
 - Water Flosser
 - Anti-Cavity Rinses

Appointments

- **Keep Your Appointments:** It is important to come in for your regular orthodontic appointments to ensure your teeth move at the fastest pace and achieve the best results. Maintain routine cleaning appointments to keep your teeth and gums healthy during this time. Some patients may require more frequent cleanings while in braces.

When to Call Our Office

Please call our office if:

- **Severe Discomfort:** You experience bleeding, swelling, or severe pain that is not alleviated by Advil (Ibuprofen) or Tylenol (Acetaminophen).
- **Loose or Broken Bracket/Appliance:** A bracket or appliance comes loose or breaks off. This is usually not an emergency, but we can instruct you on how to relieve any discomfort until we can reattach the bracket or appliance. Hold onto the bracket or appliance and bring it with you to your next appointment.
- **Loose or Poking Wire:** A metal wire comes loose or is poking your lips and gums. This is usually not an emergency, but we can instruct you on how to relieve any discomfort. Often, these wires can be tucked in or clipped with a nail clipper, and we can advise you on how to do that.

If you have any additional questions or concerns, please reach out to our office. We are here to support your treatment and ensure you have the information needed for effective care.