

BARRHAVEN DENTAL CARE
3777 Strandherd Drive
Nepean, Ontario K2J 4B1

TAKING CARE OF YOUR BRACES

Oral hygiene must be excellent at all times. It is essential to brush your teeth immediately after every meal and pay particular attention to clean close to the gum line. Flossing between each tooth with dental floss should be done at least once a day, preferably before bed. Use a soft nylon bristle brush. It may need replacement after one or two months as it will wear out sooner. Electric toothbrushes can aid in more efficient plaque removal. They can be used safely, and usually do not damage the braces or wires if used properly. A daily fluoride rinse is necessary to prevent decalcification and should be used after thorough brushing and flossing before going to bed. Please continue to see your regular dentist every 6 months. Adult patients may need to see their dentist as often as every 4 months.

Some Important Reminders:

Your First Week Of Wearing Braces-All patients undergo a period of adjustment to wearing braces. It may take one or two weeks to get used to them and the pressure on your teeth. For most people, Tylenol or Advil is sufficient to eliminate the discomfort.

Salt Water Rinses:

Warm salt water rinses made by placing one teaspoon of salt can be used to relieve soreness in the mouth. Swish a mouthful between teeth, rinse out and repeat. This can be done every 2 hours or as needed.

Wax:

Wax can be placed directly on the braces should there be any areas irritating the inside of the lips or cheeks.

Headgear, Elastics, Appliances:

Headgear, elastics and appliances must be worn as instructed to obtain the maximum results in as short time as possible.

Foods To Avoid:

Hard, Sticky and Chewy Food:

- *Bagels
- *Crusty bread/Pizza crust
- *Corn on the cob
- *Fruit by the Foot
- *Pitted fruits(remove pit first) *Popcorn
- *Hard or sticky candies
- *Hard crackers/cookies
- *Dried fruit/fruit roolups
- *Corn chips/Doritos
- *Gum
- *Pretzels
- *Toffee/caramels/licorice Ju Jubes/Gummy Bears/Fun Fruit
- *Ribs/wings (cut meat off bone)
- *Granola bars
- *No chewing pens/pencils/fingernails
- *Rice Krispy Squares
- *Hard Tacos/Nachos
- *Nuts/Sunflower seeds

Braces Friendly Food – Small Pieces:

*Fresh fruit

*Apples, celery

*Soft crackers and cheese/peanut butter

*Potato chips

*Soft chesies *Cheese