



Braces Care Guide

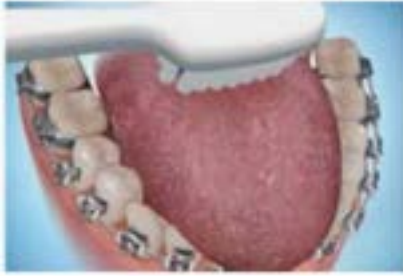
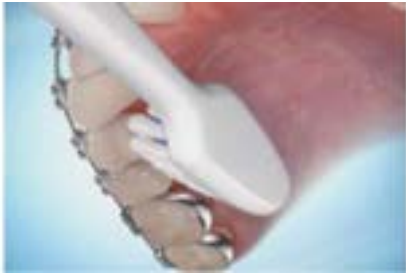
Recommendations for Proper Care

1-800-MY-ORTHO
MyOrthodontistNC.com



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How To Brush & Floss With Braces



Brushing:

- Use a dry brush with a small amount of toothpaste. Place bristles where gums and teeth meet
- 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!
- Brush after every meal. If you cannot brush right away, rinse well with water

Flossing:

- Carefully pull unwaxed floss between wire and braces.
- Wrap one end of the floss around your left and the other end around your right index finger, and gently slide the floss between two teeth toward your gums
- Floss carefully around the braces, the gum area and around each tooth
- A floss threader is helpful and special brushes can be used for hard-to-clean places.



Foods To Avoid When You Have Braces

Eating proper foods, minimizing sugar intake and getting enough sleep are essential while receiving orthodontic treatment. Your braces are precise appliances that can be damaged by eating hard foods. Some soft and sticky foods can cause tooth decay and loosen or dislodge your braces.



HARD FOODS:

- Corn Chips
- Hard Candy
- Ice
- Popcorn OR Corn on the Cob
- Nuts
- Whole fruits & vegetables should be cooked or cut into small pieces and eaten carefully

SOFT FOODS:

- Gum
- Sticky Candies: Tootsie Rolls, Caramels, Gummy Bears, etc.
- Avoid sodas & drinks that contain sugar
- Use common sense when choosing foods to put in your mouth and avoid chewing on hard objects such as pens & pencils



Elastics AND How To Wear Them

What are Elastics?

Elastics are small rubber bands used to align the teeth in the top jaw with those in the bottom jaw, often eliminating the need for extractions or headgear.

Remove the elastics only when you brush your teeth or eat and reinsert them when you are finished. If you happen to forget to insert your elastics one day, do not double up the next day. As the elastics get older, they lose their stretch and do not function properly. It's very important to change them routinely, even if they are not broken.

Will wearing elastics hurt?

There may be minor soreness initially from the elastics' pressure. Any discomfort can be relieved by taking acetaminophen or ibuprofen.

What should I do if I lose my elastics or run out?

You can either stop by our office, and we will give you a new package, or you can call our office and we will mail them to you.



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How To Wear Elastics:



Class II Elastics are worn from the Upper canine bracket to the Lower first molar band. In other words from the Upper in the front to the Lower in the back.



Class III Elastics are worn from the Lower canine bracket to the Upper first molar band. In other words from the Upper in the back to the Lower in the front.



Triangle Elastics are worn from the Lower canine to up around the Upper canine and then back to the Lower first pre-molar.



Oblique Elastics can be worn in one of two ways: 1) Upper left canine to Lower right canine 2) Upper right canine to the Lower left canine. This elastic will run from one side of your mouth to the other side crossing your midline.