



Your New Braces

You are now officially braced and ready to go! Here are a few important reminders now that you have your new braces:

- Your teeth will become sore this evening or tomorrow morning. Expect this and take Advil or Tylenol and stick with soft foods. You should not need anything stronger. The second day after receiving your braces is usually the most difficult as far as soreness. Again, expect this and keep the Advil or Tylenol going. This soreness usually lasts from 2 - 5 days and then subsides.
- When you bite on your lower braces with your upper teeth, your back teeth may not touch. This is normal and will subside as your teeth straighten.
- Your cheeks and lips may become irritated from your new braces. Again, a break-in period is necessary for you to become accustomed to your braces and this irritation will lessen. Use the wax/silicone you were given, if you have a specific area that is rubbing on your lip or cheek. Nothing should be sharp or poking and if it is, please call our office.
- Your braces should not become loose from the tooth. If this does happen, please call our office as soon as possible, even if you are scheduled for an appointment that day, so we know that a repair appointment is necessary.
- Remember, clean and healthy teeth and gums will enable your treatment to progress in a timely manner. Brush 2 times per day for 3 minutes each time, and floss once a day to maintain excellent oral health. Using a fluoride rinse at night before going to bed is a great idea. "ACT" fluoride rinse is widely available and effective.



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