

Orthodontic Guidelines

Our goal is to help you achieve your best smile. This can only be accomplished if the braces and wires stay attached to your teeth and you continue to practice excellent oral hygiene. Your appliances are fragile and can be damaged, become loose, or break if you do not follow the guidelines, which can lead to prolonged treatment time. Poor oral hygiene can lead to discoloration or decay of your teeth. We recommend you eat a nutritionally balanced diet and follow the guidelines below.

AVOID HARD FOODS (INCLUDING, BUT NOT LIMITED TO):

nuts	pizza crust	corn on the cob	chips
bagels	hard meats	crispy french fries	hard candy
popcorn	ice	hard pretzels	toffee
raw fruits & veggies unless cut up first			

AVOID STICKY AND CHEWY FOODS (INCLUDING, BUT NOT LIMITED TO):

caramels	starbursts [©]	now and later [©]	skittles [©]
licorice	gummy snacks	tootsie rolls [©]	taffy
gum	caramel apples	sugar daddies/babies [©]	

LIMIT SUGAR INTAKE (INCLUDING, BUT NOT LIMITED TO):

candy	cake	juice	pie
soda/pop	cookies	ice cream	

COMMON PROBLEMS/SOLUTIONS – please call our office and try these at home:

- Soreness Some soreness is normal after your appointments. You can take your preferred pain medication for discomfort and/or use warm saltwater rinses for any irritation. You can also place wax on areas causing irritation.
- Loose wire or Try to push the wire down or replace with tweezers.
 Poking wire If that is not possible, place a small amount of wax over the area and call the office.
- Loose band or bracket If it is still attached to the wire, leave it in place. Place wax if it is uncomfortable. If comes completely loose, save it and bring it to your next appointment.
- Loose elastic or tie..... Please call the office.