



CRICHIGNO

ORTHODONTICS

INSTRUCTIONS FOR BRACES

Congratulations on your new braces!, we've reviewed what you need to know as you go home with your new smile, but in case you forget here it is in writing:

- Some tenderness is normal in the hours and days following the placement of braces. Any medication that you would normally take for a headache will help relieve the discomfort.
- Cleaning your teeth will take longer now that you have braces so be prepared to spend more time in the bathroom. Electric Toothbrushes and Waterpiks are very helpful for keeping braces clean, but a good job can be done with a manual toothbrush if you are extra diligent.
- Make sure to also use the proxabrush and floss that we've given you so your gums don't become infected. Tender, swollen, and bleeding gums are a sign of infection and can prolong your treatment time.
- You will want to cut your food into smaller pieces to make it easier and more comfortable to chew. Avoid hard, sticky foods such as gummies, caramels, popcorn etc. Cut up harder foods like apples and carrots to avoid breaking a bracket off.
- If a bracket does become loose or comes off, don't worry! It's not an emergency, but we do want to fix it before your next scheduled appointment, so please call us. Sometimes wires can shift during the beginning of treatment, so if you feel a poking wire use wax to relieve any discomfort, and call us to we can adjust it for you.
- Call us if you have any questions or concerns!

1400 Cornwall Road, Unit 1, Oakville, ON L6J 7W5 905-827-2237
2273 Rymal Road, Unit 4, Stoney Creek, ON L8J 2V8 905-560-4555

www.4braces.ca