**Dr. Trindade’s Tips for your Braces**

Congrats on getting your braces! You are on your way to a beautiful smile. Please carefully read and follow these tips. When braces are first placed on your teeth, you may experience discomfort for 2-3 days, your teeth may feel “loose”, or you may feel a dull, headache like throb. This is common and is caused by tooth movement. Do not be alarmed!

**Remember anything that is hard to pull apart with your fingers will be too much force on the braces! Please avoid biting into your foods - cut up all your foods into small pieces and place them in your mouth to chew:)**

* Eat soft foods to make chewing easier - please see YES -NO food list
* Take 2 advil or motrin (1 if under age 12) every 4 hours
* Warm salt water rinses twice day ( 1 teaspoon in a glass of warm water)
* If a wire should irritate your cheek it can often be pushed into position with a pencil eraser
* Wax is best for covering sharp spots -dry area first with cotton then press wax into place
* Remove wax to eat, brush and sleep!

The length of treatment and the degree of success depends on your cooperation!

Please call the office if anything is loose, bent or broken so we can repair it

**YOU MUST BRUSH YOUR TEETH, BRACES AND GUMS AFTER EACH MEAL!** to prevent decay, permanent white spots/staining, or puffy inflamed gum tissue

We are giving you an **ORAL B mechanical toothbrush** to help you - please use the timer

* Take extra time to brush (2 minutes each for upper and lower)- about the length of a song!
* You only need a small amount (pea size) of toothpaste
* Pay extra attention to your GUMS! (lift your lip up to see and angle the brush toward them)
* **Lightly brush your gumline - many skip this step and develop unsightly white spots**
* White spots are permanent decalcification areas on the enamel from plaque and can decay
* Use a bathroom mirror to help you check those areas!
* Use a proxy brush that we have given you to remove food between your braces
* **FLOSS** once daily preferable at night to clean between the teeth
* **ACT Fluoride RINSE** once a day for 30 seconds
* **Please visit with your dentist for regular cleanings, X-rays and exams**
* **Check ups should be at least every 3 months to check for decay**
* **Please call to reschedule any missed appointments (can prolong treatment)**
* **Please wear a mouthguard specifically for braces for any contact sports**

Please call our office if you have any questions - our team is here to help! You got this!

Patient Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Parent Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_