

CARING FOR YOUR BRACES

*Eating with Braces:

Your diet will need to be changed during your orthodontic treatment. Certain foods may be too hard for your braces and cause damage or even cause them to break off your teeth. Other foods may be too sticky or sugary and could possibly cause permanent scarring of your teeth or even tooth decay. Avoiding these foods will help ensure your teeth and gums remain healthy and also help to keep your treatment on schedule!


Foods to Avoid:

- *Chewy foods: bagels, hard rolls, licorice
- *Crunchy foods: popcorn, chips
- *Sticky foods: caramels, gum, taffy
- *Hard foods: nuts, candy, ice
- *Foods you have to bite into: corn on the cob, apples, carrots
- *Chewing on hard things (pens, pencils, fingernails)




*Brushing and Flossing with Braces:

Brushing and flossing properly will help maintain a healthy smile as well as keep your treatment on schedule. Follow these helpful hints:



Flossing: Insert floss behind arch wire. Gently clean sides of teeth and under gums with up-and-down motion. Floss between all teeth at least once a day.



Brushing: Use a soft toothbrush. Start brushing on the upper right side. Brush above and below the braces using a small circular motion. Slowly work your brush towards the front teeth and over to the left side. Repeat on the bottom teeth. Make sure to brush the insides and biting surfaces as well. Take your time to do a thorough job!

Make sure you continue your regular cleaning visits with your general dentist.

Problems & Solutions:

For a complete list of potential problems and solutions associated with your braces, please refer to our website www.RedigerOrtho.com. Please do not hesitate to contact our office for anything you can not handle on your own.