



TRUSMILE DENTAL PRACTICE

WHAT TO EXPECT WHILE WEARING BRACES

- Your teeth and lips will be sore for **about** 1-2 weeks (everyone is different)
- your bite will feel strange during the treatment but You will get used to eating, Hang in there!
- Use wax and Ibuprofen (or other pain meds) to help aid with discomfort
- Wax can be used in any area that is bothering you

IF ONE OF THE BRACES (attachments) COME OFF

- We want the braces to stay on your teeth. If one pops off your tooth, it will sometimes come out of your mouth and it will sometimes stay on the wire.
- If the dislodged brace (attachment) isn't hurting you, just try to hang on to it until you come in for your next adjustment
- You are responsible for keeping the braces on your teeth!

AVOID THE FOLLOWING FOODS

- Anything that is harder than a **PRETZEL**
- **crusts, nuts, bagels, chicken wings, popcorn kernels, raw vegetables, whole fruit, candy, taffy and ANY OTHER FOOD THAT may feel tender during your brace treatment**

BRUSH AND FLOSS YOUR TEETH

- Brush like crazy!
- Keep all plaque off of your teeth so that it doesn't harden up and turn into tartar
- Use your finger nails to check if all soft plaque and debris has been removed
- Teeth move slower when plaque and tartar is in the way!
- Your adjustments will be easier if your teeth are clean!
- Flossing can be difficult but it is do-able. Thoroughly Floss at least twice per week.

Please call if you have questions that aren't answered on this form