



Dr. Gordon Levin Inc.

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You and Your Braces

Now that you have started your orthodontic treatment there are important guide lines that need to be followed in order to provide you with a beautiful smile.

Discomfort

There will be some tenderness for the first 4-5 days if the tenderness is severe take Ibuprofen.

Don't be alarmed if teeth begin to feel loose throughout the treatment, this is normal. The teeth must loosen first before they can move; they will become rigid again once they are in their new position.



Foods

You need to watch the types of food you eat. Some foods can cause breaking of brackets or bands and bending of the wire.

- Do not crunch on ice
- No hard candy
- No popcorn kernels
- Hard fruits and vegetables must be cut into small pieces and pushed to back of mouth
- Corn on the cob must be sliced off cob before eating
- No sticky candy or gum!

In spite of your care you may occasionally do some damage to you braces. If a band does fall off or a wire breaks call our office ASAP.

Oral Hygiene and Care

Keeping your teeth clean with braces is more difficult and more time consuming but **MUST** be done. It is very important that you brush your teeth after every meal, with a soft tooth brush only, as well as floss. To floss between your braces you need to use the floss threaders that we provided for you.

If you find that the braces are causing discomfort to your soft tissue you can soften up some of the wax that we provided and place it on the brackets or wire. This will be much more soothing and eliminate any irritation caused by the braces.

If you are involved in any contact sport you will need to wear a mouth guard which can be made in our office.

The success of your treatment depends on the cooperation between you the dentist and staff. You must avoid the foods that were listed, always be consistent with your cleaning, and be sure to come in for your monthly ortho checks and routine cleanings.

Thank you,
Dr. Levin
And Staff



