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Welcome to the Wonderful World of Braces!

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The brackets and bands that were placed on your teeth today will, at first, feel very strange and possibly uncomfortable. Give it some time. As with anything new, it takes time to get used to them. Use the soft wax in your “braces bag” to cover any irritating brackets. In no time at all, your mouth will be used to your new braces.

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Approximately four hours from the time the braces were placed your teeth will start to feel sore. This is a normal response to the pressure the braces are putting on your teeth. Take Ibuprofen(Advil) as needed for the next few days. The discomfort will go away as your teeth get used to the pressure.

Because of the soreness, you may not be able to chew normally. Eat soft foods for the next few days. And always remember...Hard and sticky foods are BAD for braces!

Keeping your teeth clean is extremely important. When the braces are removed your teeth will be straight and beautiful, but only if you take care of them during your treatment. Brushing three times a day and immediately after snacks is absolutely necessary! Use the brushes in your “braces bag”. Twice daily use of a fluoride rinse (ACT) is also necessary to prevent tooth decay. If you forget the correct way to brush and floss, look at the card in your “braces bag”. Remember the scary picture of the teeth with cavities! Don’t let that happen to you!

Orthodontic treatment can create fantastic smiles. Getting that smile will require teamwork between you and I. Let’s work together and make this an enjoyable and rewarding experience!

Dr. Finelli