

BRACES INSTRUCTIONS

Congratulations, you have started your orthodontic treatment! Now that the braces have been placed, it is very important to follow instructions and care for your appliances. With your cooperation we are one step further to meeting your orthodontic goals!

What are braces?

- **BRACKETS** are small, square-shaped pieces, which are fixed on to the front teeth. Brackets have built-in features to control the movement and angle of the teeth.
- An **ARCHWIRE** is an orthodontic wire used to correct irregularities in the position of teeth.
- **MOLAR BANDS** are the rings that are fixed in the back teeth. Usually they are connected to an appliance or used on teeth that have large restorations.
- **LIGATURES** are small colored elastic bands that attach the archwire on to the brackets.

What to expect:

The first few days are the most difficult because your teeth will be sore as they are not accustomed to the braces just yet. To alleviate pain, take **TYLENOL** and avoid Advil. You may experience temporary sores or scratches on your lips and cheeks from the braces. Please use the wax provided to cover any sharp spots on the braces so that they do not bother you.

Care Instructions:

1. **BRUSH** carefully around the gum line, teeth and braces after each meal for 3 minutes.
 - a. Use a soft toothbrush
 - b. Don't push too hard – let the brush do the work
 - c. Carry a brush with you at all times (work and school)
2. **FLOSS** between all teeth once per day. We can provide you a sample of floss threaders to make this easier for you.
3. **RINSE** with a fluoride mouth rinse once per day to keep tooth enamel healthy (ex: Oral B)

It is very **IMPORTANT** that you see your dentist regularly for cleanings to make sure your teeth are cavity free and healthy. If you do not keep your teeth clean during treatment you may:

1. Cause permanent damage to teeth, bones and gums
2. Have permanent white spots on your teeth after your braces are removed

Emergencies:

1. For all orthodontic emergencies, we encourage you to use our "Online Check-in" system. This can be located on our website - <https://www.auraortho.com/online-check-in/>
2. Broken bracket – Please bring the bracket back at your next appointment.
3. Wire poke - This can happen during your treatment at any time because as the teeth become straight, the wire becomes longer in the back. Use wax provided as temporary relief until you are seen in the office.



NO-NO List

(To be posted on your refrigerator door)

We recommend avoiding **hard, sticky, and chewy** food during your treatment because they tend to break all orthodontic appliances. If it is broken – it's not working! So please take care of your braces so that you can help us finish your treatment on time. It is a fact that patients who break their braces often have **LONGER** treatment times.

PLEASE AVOID WHILE WEARING BRACES:

1. Ice Cubes – they will destroy your braces!
2. Pizza Crust – The hard crust will bend your wires
3. Pretzels – will bend wires, loosen bands and break brackets
4. Chips – will break braces
5. Hard Taco Shells – will break braces
6. Caramel, toffee, gumballs – sticky food will pull off bands and wires
7. Hard Bagels – will break braces
8. Beef Jerky – too hard to chew with braces
9. Suckers – too hard and lots of sugar
10. Nuts – will break braces
11. Chicken from a bone – if you are eating chicken, cut it into little pieces
12. Apples – again, please cut these into little pieces
13. Popcorn – will break braces
14. Pens and Pencils – chewing on pens, pen caps or pencils will break braces
15. Raw Vegetables – anything hard like carrots, celery, broccoli or cauliflower will break braces unless it's cooked
16. Corn on the cob – cut the corn off the corn
17. ADULTS – No red wine, cigarettes, and colorful spices – these will stain your braces, elastics and/or Invisalign trays