



MC ELHINNEY & BREHA — ORTHODONTICS —

Kind, Gentle and Fast Braces

4831 DARROW RD – SUITE 102- STOW, OH 44224
330-650-0880

GETTING TO KNOW YOUR BRACES

SORENESS AND IRRITATIONS

- For the first few days, you may experience some discomfort. It is normal for your teeth to feel an all over “achiness” Take what you would normally take for a headache (Advil, Tylenol etc...) Discomfort lasts on average 3-5 days.
- Your lips and cheeks may have some irritation or sore spots. Normally the area will toughen or “callus” after a few days. Give us a call if the area continues to be an issue, try and dry the area that is rubbing and cover with generous amounts of wax.

BRUSHING YOUR TEETH AND BRACES

- Brush as soon as possible after eating. If you are unable to brush after eating, it is important to rinse thoroughly with water to remove any food or debris, then brush as soon as possible afterward.
- You should be brushing at least 3 TIMES A DAY for 3 min (use your timer)
- Position your toothbrush bristles at a 45 degree angle towards brackets, down toward brackets and up toward gum line removing ALL food and plaque,
- When you are done brushing look closely in the mirror making sure everything is clean and shiny
- Floss 1 time a day, thread floss under wire between each tooth
- Rinse with an alcohol free mouth rinse
- REMEMBER: The healthier your teeth and gums are, the faster your teeth will move.

FOODS TO AVOID

- The amount of time you wear braces depends a lot upon you! Your treatment will be slower if your braces come loose from your teeth or if you bend or break your wires.
- Don't eat anything hard, sticky, or chewy.
- Avoid sugary foods and drinks.

Try to avoid, reduce or eliminate as many of these types of foods.

Some examples are as follows:

HARD

Popcorn
Candy
Nuts
Pizza Crust
Corn Chips
Pretzels

STICKY

Taffy Tic Tacs/ Hard candy
Gum (even sugar free)
Caramels
Gummy candy

SUGARY

Soda Pop
Sports Drinks
Energy Drinks

Good For Braces Foods: Must be cut small or cooked

Corn on the cob (cut corn off cob)
Apples and pears (must be cut up)
Carrots and celery (cut into thin strips)
Broccoli or Cauliflower (cooked or cut into strips)
Ribs, chicken legs and wings (remove meat from bone)

Rarely does your equipment create a true emergency. However, if there are problems or discomforts you cannot manage, we are available for you. Please try to call our office during normal working hours if you have something rubbing or cutting. When you contact our office after hours, the phone message will provide you with a phone number to contact the Doctor or a staff member to help you with your emergency

IN CASE OF EMERGENCY—CALL 330-650-0880