

Young Smiles Family Dentistry

4310 Walnut Street, Philadelphia PA 19104. Tel no 215.307.3762 Fax no 267.687.1534
youngsmilesphilly@gmail.com www.youngsmilephilly.com

Traditional Braces Placement Post-Operative Instructions

Mild soreness is normal for several days after braces are placed or adjusted. Your teeth may feel tender when biting, and the brackets may irritate your lips or cheeks while your mouth adjusts.

Discomfort

- Eat soft foods for the first few days.
- Rinse with warm salt water: mix ½ teaspoon of salt with 8 ounces of warm water.
- Place orthodontic wax over any bracket or wire that feels sharp.
- Take an over-the-counter pain reliever only if it is safe for you and follow the package directions.

Contact our office if pain is severe, worsening, or does not gradually improve.

Eating with Braces

Avoid foods that may loosen brackets or bend wires, including:

- Gum, caramel, taffy, and sticky candy
- Ice, hard candy, nuts, and popcorn kernels
- Hard chips, pretzels, and crusty bread
- Biting directly into apples, carrots, corn on the cob, or meat on the bone

Cut firm foods into small pieces and chew carefully with your back teeth. Do not chew on pens, pencils, fingernails, or other objects.

Brushing and Flossing

Braces trap food and plaque more easily. Poor cleaning may cause cavities, swollen gums, staining, or permanent white spots.

- Brush after meals and before bedtime.
- Use fluoride toothpaste and a soft or electric toothbrush.
- Brush above, below, and around every bracket.
- Floss at least once daily using orthodontic floss or a **floss threader**.
- Use **an interdental brush** to clean underneath the wires.
- Continue regular dental examinations and professional cleanings.

Young Smiles Family Dentistry

4310 Walnut Street, Philadelphia PA 19104. Tel no 215.307.3762 Fax no 267.687.1534

youngsmilesphilly@gmail.com www.youngsmilephilly.com

Rubber Bands and Appliances

Wear rubber bands and other appliances exactly as instructed. Inconsistent wear may delay treatment.

Loose Brackets or Poking Wires

For a loose bracket or irritating wire:

- Apply orthodontic wax.
- Avoid chewing on the affected side.
- Do not pull off the bracket or repeatedly bend the wire.
- Contact our office for instructions.

A loose bracket is usually not an emergency, but it may interfere with treatment if not repaired.

Call Our Office For:

- Loose brackets, bands, or appliances
- Broken or severely poking wires
- Persistent or increasing pain
- Swelling, drainage, fever, or signs of infection
- Injury to the teeth, mouth, or braces
- An appliance that prevents normal biting or mouth closure

Seek urgent medical care for difficulty breathing or swallowing, uncontrolled bleeding, severe facial swelling, or serious injury.