



## Braces / **First Aid** Instructions

**CONGRATULATIONS!** You're on your way to a beautiful, healthy smile!

1st Week in Braces – What can I expect?

**Mild discomfort:** This may last for a few days to a week. Ideally take acetaminophen (Tylenol®) or whatever you normally take for a headache.

**Temporary irritation:** Use orthodontic wax and rinse with warm salt water (½ tsp salt per cup).

**Loosening of teeth:** This is normal and necessary for tooth movement.

**Eating tips:** Stick to soft foods at first. Avoid hard or sticky foods.

### Throughout Treatment....

- Expect changes in your smile.
- Temporary spaces may appear.
- Your bite may feel different for a short time.
- Attend all scheduled appointments.
- Maintain excellent oral hygiene and **keep** regular dental cleanings
- Wear a mouth guard for contact sports.
- Allow time to adjust when playing instruments.

## HELP!

**Broken brackets or appliances:** Please call the office. No need to come in right away. *If you are not in pain, it is not an emergency.*

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