

Braces Instructions



Important Considerations:

1. As your teeth begin to align, some mild discomfort is normal. If this occurs, feel free to take any medications that you would normally take for a headache (Tylenol or Motrin).
2. If a brace comes off, please do not worry. We can put your brace on at your next visit without your treatment being affected or delayed at all. If it is bothering you, please let us know and we will schedule you for a comfort visit.
3. Your brushing technique is extremely important while you are in treatment. We will show you how to maintain excellent oral hygiene.
4. If you are in any sports or an activity where you may be subject to physical contact of any kind, please use our recommended orthodontic mouthguard (Shock Doctor).
5. We recommend using a mouthwash with fluoride; ACT and Phos-Flur are brands available in stores. We also recommend using Peroxyl mouthrinse when needed to help with any soreness of the cheeks or gum tissues.
6. We recommend chewing sugar-free gum with Xylitol (Trident, Ice Breakers) while in treatment. Recent studies have shown that this can improve comfort during movement and reduce cavities during treatment.

Oral Hygiene Care:

1. Brush at least 3 times daily
2. Floss daily using the techniques we show you for best overall dental health during treatment
3. Use the proxy brush as needed to remove food from between braces/under wires
4. Keep up to date with your 6 month dental cleaning visits
5. Many references are available online that provide proper brushing techniques with braces
6. Proper oral hygiene will prevent decalcification (white spots on teeth) and cavities from occurring during treatment

Dietary Modifications:

1. Most of your favorite foods can still be consumed with braces.
2. Avoid extremely sticky and hard foods such as Airheads, Skittles, and Jolly Ranchers. DO NOT CHEW ICE.
3. Cut foods into small pieces (carrots, apples and meat).
4. Avoid Popcorn - a great alternative is Pirate's Booty (Baked Rice and Corn Puffs).

We are here to help you! Call us at 610-615-3166 with any questions - we would love to assist you!

"The path we take together is just as important as the final result"

DCO Orthodontic Specialists