



## Braces Instructions

### Foods to avoid:

- Gummies or sticky candies; starburst, skittles, sour patch kids, twizzlers, carmel and taffys.
- Hard candies; mints and lollipops are allowed if you can suck on them to make them smaller. Jolly ranchers.
- Gum unless sugar free
- Beef jerky
- Popcorn unless fully popped, must be eaten 1 at a time
- Be careful of tortilla chips or kettle cooked chips. Try to eat chips 1 at a time
- Ice
- Raw or crisp veggie/fruits must be cut up into smaller pieces
- Bagels or baguette (cut into small pieces)
- Do not chew on pens, pencils, mouth guard or finger nails
- Stay away from sodas and sports drinks with lots of sugar. It is best to rinse after drinking them and to drink them through a straw

1. For tenderness: Some patients may experience tenderness for the first week while adjusting to braces. You are able to use Advil or Tylenol as needed
2. Follow up appt: Your follow up appointments/adjustments may cause some short-term tenderness
3. Brush 2 times a day for 4 minutes each time
4. Flossing once a day is recommended
5. You can use a water pick but it does not replace flossing
6. Regular cleaning visits with your general dentist are recommended
7. For poking wires; until you can be seen in office, you can use wax to place over the area for comfort. Be sure to dry the area first with a napkin or paper towel to help the wax stick. You can also clip the wire at home with nail clippers to keep comfortable
8. Although rare, if you experience an orthodontic emergency, you may contact our emergency line



**Questions? Call us at – 971-9601**  
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