



CARE FOR YOUR BRACES

BRUSHING & FLOSSING

BRUSH OFTEN AND THOROUGHLY USING A SOFT BRUSH AND FLUORIDE TOOTHPASTE.

SOFT FOODS ARE BETTER

EAT FOODS SUCH AS SOUPS, PASTA, STEWS, CHICKEN, MEATLOAF, ETC.
SOFT FOODS DO NOT CAUSE DAMAGE TO YOUR WIRES AND BRACES.

BITE SIZE IS BETTER

CUT ALL FOODS INTO BITE SIZE PIECES, AS THIS CAUSES LESS WEAR ON THE BRACES AND MAKES IT EASIER TO CHEW FOOD.

AVOID STICKY FOODS

ICE, POPCORN, NUTS, CORN CHIPS, JERKY, HARD CANDIES, CRUSTY BREAD, PRETZELS, CARROTS, ETC.

AVOID SUGARY FOODS

SOFT DRINKS, CANDY, COOKIES, PIES, CAKES, ETC.

KEEP EVERYTHING EXCEPT FOOD OUT OF YOUR MOUTH

SOLVING PROBLEMS "BEFORE YOU PANIC"

LOOSE BAND OR BRACKET

IF INTACT, LEAVE IN PLACE AND USE WAX TO AVOID SORENESS. IF NOT INTACT, SAVE ALL PARTS FOR THE DOCTOR.

LOOSE WIRES

TRY TO NUDGE BACK IN PLACE WITH A BLUNT OBJECT. IF WIRE IS POKING, TRY TO BEND WITH STURDY OBJECT SUCH AS A SPOON OR ERASER. COVER WITH WAX TO AVOID SORENESS AND CALL THE OFFICE.

LOST TIE WIRE OR ELASTIC

THIS CAN BE CARRIED OVER UNTIL THE NEXT APPOINTMENT.

GENERAL DISCOMFORT OR SORENESS

USE WARM SALT WATER AS A RINSE & TAKE IBUPROFEN OR ASPIRIN (OR WHATEVER YOU WOULD TAKE FOR A HEADACHE).

IF PAIN OR DISCOMFORT PERSISTS, CALL US AS SOON AS POSSIBLE

STEVEN W. ANDREWS, D.M.D., M.S.
1750 TELSTAR DRIVE, SUITE 200
COLORADO SPRINGS, CO 80919
719-596-3138