



Congratulations for getting your braces! This is an exciting time and we are excited to help you reach your smile goals! Here's some information that we hope will be helpful now that you're on your way to the beautiful smile you deserve!

1. Your mouth will likely feel “weird” now for several days. That’s because your lips, cheeks, and tongue need some time to get used to your braces.

2. Over the first several days, your teeth and mouth may feel sore, which is normal. You may also feel like eating foods that are softer for a few days, please see below for what you CAN and should AVOID eating.

To help with any discomfort you may have, you may take over the counter medicines such as Tylenol or Ibuprofen as directed on the bottle. Also, please use wax should you feel any brackets being a discomfort against your cheek.

**Foods you CAN eat with braces:**

- Dairy — soft cheese, pudding, milk-based drinks
- Breads — soft tortillas, pancakes, muffins without nuts
- Grains — pasta, soft cooked rice
- Meats/poultry — soft cooked chicken, meatballs, lunch meats
- Seafood — tuna, salmon, crab cakes
- Vegetables — mashed potatoes, steamed spinach, beans
- Fruits — applesauce, bananas, fruit juice
- Treats — ice cream without nuts, milkshakes, Jell-O, soft cake

**Foods to avoid with braces:**

- Chewy foods — bagels, licorice
- Crunchy foods — popcorn, chips, ice
- Sticky foods — caramel candies, chewing gum
- Hard foods — nuts, hard candies
- Foods that require biting into — corn on the cob, apples, carrots
- Acidic foods – sodas, even diet soda, lemons and lemon juice

3. Keeping your teeth clean is always important, but now it is even more important because having braces makes it a little bit more difficult to keep your teeth nice and clean. Please follow our instructions regarding how to brush and floss with braces on.

4. Should a bracket fall off, please call our office immediately. We will schedule you for the next available day to be seen to have it rebonded on.

If you have any questions or concerns, please feel free to call our office, even if it is after hours.