



BIRMINGHAM ORTHODONTICS

An Owner's Guide to Braces

Congratulations on getting your braces!

We want your treatment to be completed as effectively and efficiently as possible, so here are a few rules for success.

The First 48 Hours

After your braces are placed stay on a soft diet for 48 hours. We know it is hard getting used to the brackets and we need everything to settle in your mouth as well as possible. Enjoy milkshakes, mashed potatoes, scrambled eggs, soup and other food that you do not have to bite directly into. Avoid hard, crispy and crunchy food during this time. If anything does break, please call our office. Everything has to work together so that the braces can work effectively.

During Treatment

Please avoid the following foods:

Chips have a tendency to pop off brackets and bend wires, avoid all kinds of chips and pretzels while you are in treatment. For the lovers of Mexican food, choose menu items that are made with soft shell tortillas.

Popcorn can also pop off brackets. It also leaves behind kernel pieces that are hard to find and flossing becomes a challenge. This also includes Crunch N Munch, Cracker Jacks, etc.

Nuts and **Ice** can pop off brackets and bend wires.

Granola Bars often come either hard or chewy. Avoid both kinds due to the damage caused by these snacks. Hard granola bars can pop off brackets and chewy ones can break power chains and ties.

Foreign Objects such as pens, pencils and fingernails need to stay away from your mouth. If you can't eat it, don't chew on it.

Gum is the worst thing for your braces. Do not chew any type of gum, even the kind that says that it won't stick to dental work. Gum can very easily stick to anything pertaining to your braces.

Candy should be avoided if it is hard or sticky. This includes peppermints, butterscotch, starburst, taffy, caramel, gummy bears and many other things. Opt for chocolate when you want candy.

Don't use your front teeth to bite into anything. Cut your food into bite size pieces and especially cut up hard fruits and vegetables. This will also help you avoid getting food stuck in your teeth. Never open packages with your teeth.

To insure your treatment is completed in the shortest amount of time,
be good to your braces and

Brace yourself for a beautiful smile!