



Do not chew on any of these!

ICE, FINGERNAILS, PENS, PENCILS, CHEWY CANDY OF ANY KIND including GUM, NOW and LATER, STARBURST FRUIT CHEWS, LICORICE, FRUIT ROLL-UPS and CARAMEL CANDY. These can bend your wire, break your braces and loosen up the bands that hold the archwire which straightens the teeth.



Foods to eat with caution.

HARD APPLES, HARD PIZZA CRUST, HARD HOAGIES, CORN ON THE COB, CHICKEN, RIBS, PORK CHOPS, CARROTS, HARD PRETZELS and GRANOLA BARS. Cut everything into bite-size pieces. Cut any meats away from the bone and use your hands to break up other foods.



These soft foods are fine to eat.

ICE CREAM, CHOCOLATE BARS, POTATO CHIPS, RAVIOLI, SPAGHETTI, LASAGNA, FRENCH FRIES, SALAD, SOUPS, SOFT SHELL TACOS, MASHED POTATOES, HAMBURGERS, PANCAKES, BANANAS, EGGS, FRENCH TOAST, MILKSHAKES, CHEESES and PEANUT BUTTER and JELLY.

Loose Bands or Bracket

If the band or the bracket is still attached to the wire, leave it in place. Place wax on the broken area to make it comfortable. If the band or bracket comes out completely, wrap it up in tissue and give us a call.

Loose Wire

Reposition the wire into place with tweezers. If that is not possible, clip the wire with a pair of nail clippers or wire cutters behind the last tooth to which it is securely fastened. Wax it if you feel any discomfort.

Poking Wire

Push the poking wire down with a spoon or an eraser. If that is not possible, wax it.

Lost Tie Wire or Elastic Tie

Notify us at your next appointment.

Soreness

Use warm salt water rinses and take Tylenol or ibuprofen for relief from discomfort. Call us if soreness persists for more than 3 days.

Headgear does not fit

This can be caused by not wearing the headgear as prescribed. If the facebow is bent, call our office at once.

Loose Appliance

If appliance is sticking or poking, wax it and notify our office.

Severe Trauma

Call your dentist or go to the Emergency Room.

Please call our office if this list has not addressed your current situation.

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