

PROBLEM FOODS AND HELPFUL TIPS



It is your job to keep your teeth and braces spotlessly clean!



If you have a problem with your braces refer to this diagram so you can accurately describe the problem when you call our office.

PROBLEM	SOLUTION
Loose band or bracket	The seal created by the cement (glue) has been broken. Call our office and schedule an appointment. If band or bracket detaches from wire, save it and bring it with you to your next appointment.
Broken archwire or headgear, lost ligature or hook	These problems could cause the teeth to shift in the wrong direction and must be corrected as soon as possible. Call our office and schedule an appointment.
Sticker	That's the term for a wire that sticks out and causes irritation. Try tucking it in with the eraser part of a pencil. If that doesn't work, dry it with a napkin and place wax over the wire to prevent further sticking.
Soreness	To relieve soreness, rinse your mouth with warm salt water and/or take Advil or Tylenol as directed.

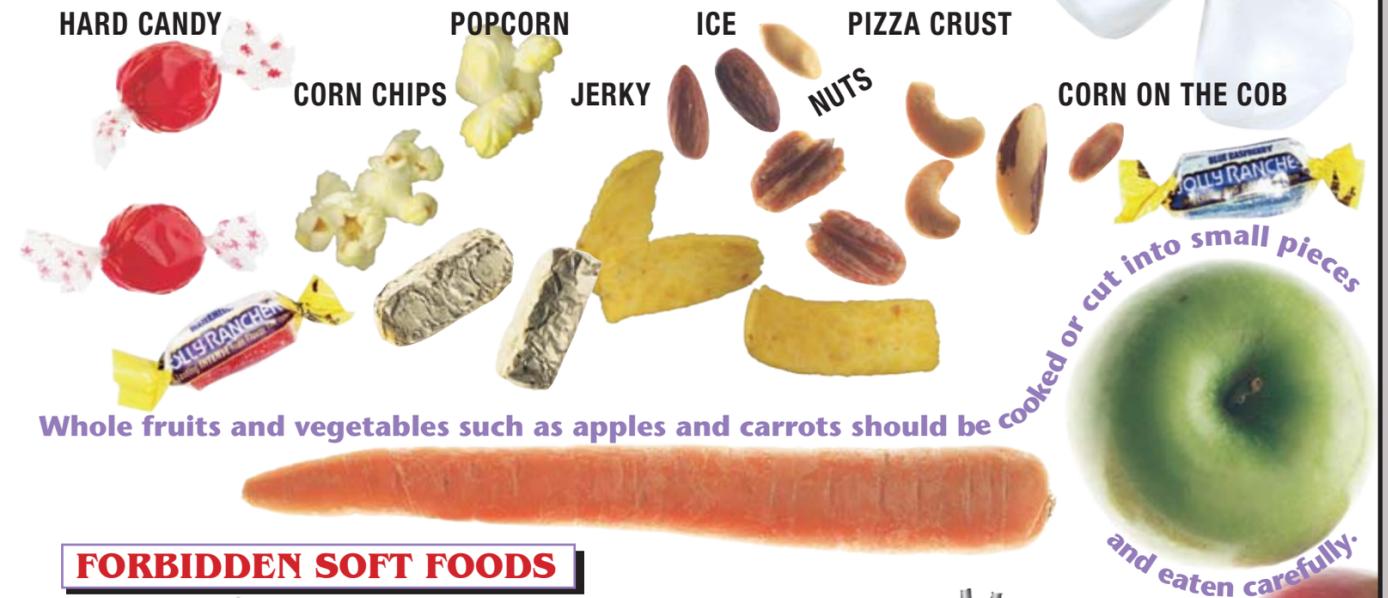


- BRACKET** - The attachment bonded to the tooth or welded to the band
- ARCHWIRE** - A large removable wire that fits around the arch in the bracket slots
- ELASTIC LIGATURE** - Plastic ring that ties archwire into bracket or **LIGATURE WIRE** - Tiny wire that ties archwire into bracket
- HOOKS** - used to attach elastic (rubber bands)
- BAND** - A ring of metal with the bracket attached that is glued onto the tooth

Problem Foods when you have BRACES –

Eating proper foods, minimizing sugar intake and getting enough sleep are essential during orthodontic treatment. Your braces are precise appliances that can be damaged by eating hard foods. Some soft and sticky foods can cause tooth decay and loosen or dislodge your braces.

FORBIDDEN HARD FOODS



FORBIDDEN SOFT FOODS

