



**ORTHODONTIC ASSOCIATES, LLC**

**JUST GOT YOUR BRACES? HERE'S WHAT YOU NEED TO  
KNOW!**

- The first week is the toughest. Once you get through the first week, everything will be easier (teeth are starting to move, your lips and cheeks are getting used to braces being present)
- Avoid hard and sticky foods in general (popcorn, ice chewing, laffy taffy, jolly ranchers)
- A broken brace is not an emergency! Put wax over anything that pokes or breaks. In general, it can wait and be fixed at your next regular appointment.
- Brush your GUMS after every meal (above your top braces, below your bottom braces where food gets caught). This is your **MOST IMPORTANT JOB!** At minimum, brush twice a day. Less than this can cause the formation of white spots on your teeth that are permanent. Using the provided prescription strength Prevident Fluoride at night time will also help. (refills can be obtained at your pharmacy).
- You can take 2 tablets of ibuprofen (400 mg) 3 times a day for the first three days if you are a child, 3 tablets (600 mg) 3 times a day for the first 3 days if you are an older adolescent or adult
- A waterpik is the most helpful adjunct to keeping braces clean. We do not provide it but can be ordered from Amazon or Walmart for less than \$40.