



Orthodontics: Bracketing and Banding Post Op Care

Congratulations on starting your orthodontic treatment. You have taken a big step in improving your smile and dental health. Here are some simple guidelines to follow to ensure your treatment proceeds smoothly.

1. The brackets and bands on your teeth will rub on your lips and cheeks. For the first 2 weeks (or until you are comfortable) place the special orthodontic wax on your brackets to avoid excess irritation to your lips and cheeks, especially when eating. If you do not use the wax you may experience sore/irritated cheeks and/or lips.
2. Your teeth will be sore for the first 3-5 days. Eat soft food. Chew slowly. After the initial soreness you will be able to resume your normal diet. If you have special dietary restrictions, let us know and we will give you more information.
3. Avoid chewing hard, crunchy, chewy or sticky foods. Examples include foods like: hard candy, chewing gum, pretzels, crunchy tacos, etc. Broken and loose brackets and bands will result if you chew these kinds of foods.
4. Use fluoride daily. This will minimize the risk of developing “white spots” around the brackets after the braces are removed.
5. Brush and floss under the wires thoroughly. Be patient, but be thorough. Time spent cleaning your teeth daily will minimize problems such as cavities and gum disease down the line. We have special cleaning instruments to help you with your daily hygiene.
6. Avoid ripping/tearing food (or other objects) with your teeth. Doing so may cause pain or broken/loose brackets.
7. If your brackets/bands get loose give us a call. If the bracket is loose but still attached to the wire, leave it alone. If the bracket is loose and comes out of your mouth, save it and bring it with you to your appointment.
8. It is not uncommon to sound a little different when speaking initially. Be patient. You will get used to the brackets and will be able to sound the same after a few days.
9. Chew your food slowly. This will minimize broken/loose brackets or you biting your cheeks/lips/tongue.
10. Call us with any questions you may have.