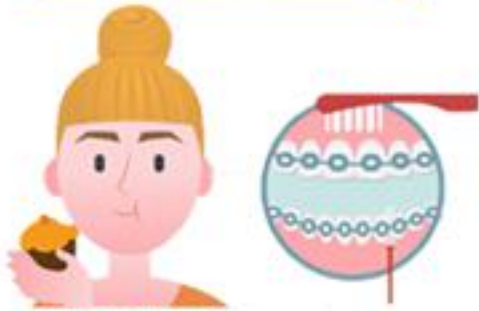




CARING FOR BRACES

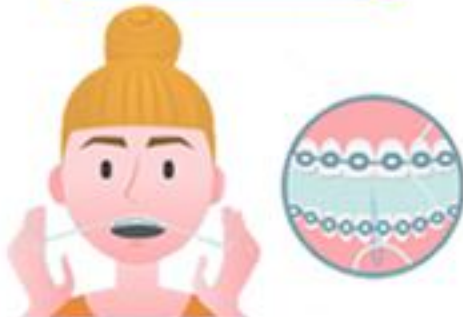
Brushing



**3X DAILY
OR AFTER EATING**

Use a soft-bristled tooth brush
for top and bottom of braces

Flossing



1-2X DAILY

Use floss threaders to floss under
the wire and between teeth

Comfort Care

General Soreness

Use warm salt-water rinses and/or
Ibuprofen or Tylenol

Loose Bracket

If bracket is still attached to the wire, leave in place.
If uncomfortable place wax on it.

Loose Wire

Try to place wire back in place with tweezers.
If that is not possible, clip wire with fingernail clippers
behind the last tooth to which it is securely fastened.
If any discomfort, place wax on it.

Poking Wire

Try to push sticking wire down with an eraser.
If not possible, place wax on it

**Please call our office if you have
any questions or concerns.**