

Tips AFTER Getting Braces On

Dear Patient! We want to share some helpful tips for taking care of your teeth after getting braces on.

Here are some things you can do to keep your smile shining bright:

Brush and floss carefully: It's important to brush your teeth thoroughly after every meal and before bedtime. Use a soft-bristled toothbrush and fluoride toothpaste to clean around the brackets and wires. Don't forget to floss daily to remove any food particles stuck between your teeth.

Be mindful of what you eat: Avoid sticky, hard, and chewy foods that can damage your braces. Opt for softer foods like soups, yogurt, and mashed potatoes. Remember to cut crunchy foods into smaller pieces to make them easier to chew.

Wear a mouthguard during physical activities: If you participate in sports or other physical activities, protect your braces by wearing a mouthguard. This will help prevent any injuries to your teeth or braces.

Attend regular check-ups: Visit your orthodontist as scheduled for adjustments and check-ups. They will ensure your braces are working effectively and make any necessary adjustments to keep your treatment on track.

Be patient: It may take some time to get used to your braces. Don't worry if you experience some discomfort or soreness in the beginning. It's normal, and it will gradually improve as your mouth adjusts to the braces.

Remember, your dental team is there to support you throughout your orthodontic journey. If you have any questions or concerns, don't hesitate to reach out to them.

Sources:

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