

HOLMDEL ORTHODONTICS, LLC
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You Just Got Braces !!!!!

Now that you are wearing braces, there are several things you should know. Please read this letter and ask us to explain anything you do not understand.

The bands and brackets you are wearing will allow us to move your teeth. They need to be cared for so they will do their job in the quickest and most comfortable way. If you follow these rules, you will help your treatment to progress smoothly:

1. **No sticky or hard foods.** No gum, caramel, taffy, fruit roll ups, gummy bears, etc...because they stick to the braces and your teeth, and can cause cavities and break your braces. Do not chew ice, hard candy, pizza crust, popcorn, hard breads, bagels, granola bars or peanuts. Never eat meat from a bone or open nuts with your teeth. Also, when you eat hard foods like carrots and apples, slice them up before you eat them.
2. **Brush and floss after each meal or snack.** With braces on, you should brush your teeth at least 4 times a day (after breakfast, lunch, dinner, and before bed). Try to brush at school. If you cannot brush at school, at least make sure you rinse your mouth after lunch. You can use Floss threaders, Super floss, or a Proxa-Brush (all sold in the supermarkets) to help you floss under the wires.
3. **If you have any loose or broken braces or wires,** please let us know, even if your next appointment is very soon. We may need to reserve more time for you, so that we can repair what is broken. Please remember that breakage slows down your progress and causes treatment time to be extended.
4. **Fluoride Rinse (Act).** We recommend the use of a fluoride rinse ACT during treatment, to help prevent cavities and decalcifications (white spots) from forming on the teeth
5. **Visit your General Dentist.** We recommend you continue to see your general dentist every 6 months, or more often if needed, for check ups and cleanings throughout treatment.
6. **Keep all your appointments.** If for any reason, you must cancel an appointment, please notify the office at least 24 hours in advance.
7. **Orthodontic Kit.** We have given you a new patient kit which contains all the items you would need to help you through your treatment. If your lip or cheek catches on the braces, press a small piece of orthodontic wax over the brace to help you adjust to the new braces. Once you have had the braces on a few weeks, your lips and cheeks will have adjusted. Keep the wax for emergencies (something sharp or broken). If you run out of wax, you can get some at the pharmacy or supermarket, or a small piece of cotton will help until you can come to the office.

Please follow these rules so we can help you achieve the smile you want!