



Ice



Popcorn



Lemons

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Sweets



Bubble Gum



Caramel



Nuts

Eating Habits

AND ORTHODONTICS

AVOID EATING:

Hard Foods

Sticky Foods

Foods High in Sugar Content

FOODS THAT ARE APPEALING BUT DANGEROUS

A careful orthodontic patient can probably eat almost any food and do no damage to his or her appliance. However, these three types of food may cause trouble, as may other foods. Use common sense or, if you are in doubt, ask us about some food you enjoy eating.

HARD FOODS may do damage by bending wires, loosening cement under the bands or breaking the little brackets and tubes which are attached.

STICKY FOODS damage appliances by bending wires and pulling cement loose.

FOODS HIGH IN SUGAR CONTENT you should avoid whenever possible. If you do eat any of them, brush your teeth immediately. If it's not convenient to brush, then always rinse your mouth with clear water after eating very sweet foods such as cake or pie.

DON'T EAT

Popcorn, nuts, peanut brittle

Ice (Not even if you're careful)

Lemons (Pure lemon juice can hurt your tooth enamel!)

Corn-on-the-cob

Corn chips, crisp tacos

Taffy and caramels

Fruit cakes, gummy bears, etc.

BUBBLE GUM – a thousand times NO!!!

Pizza crust (The hard outer edge)

MAYBE

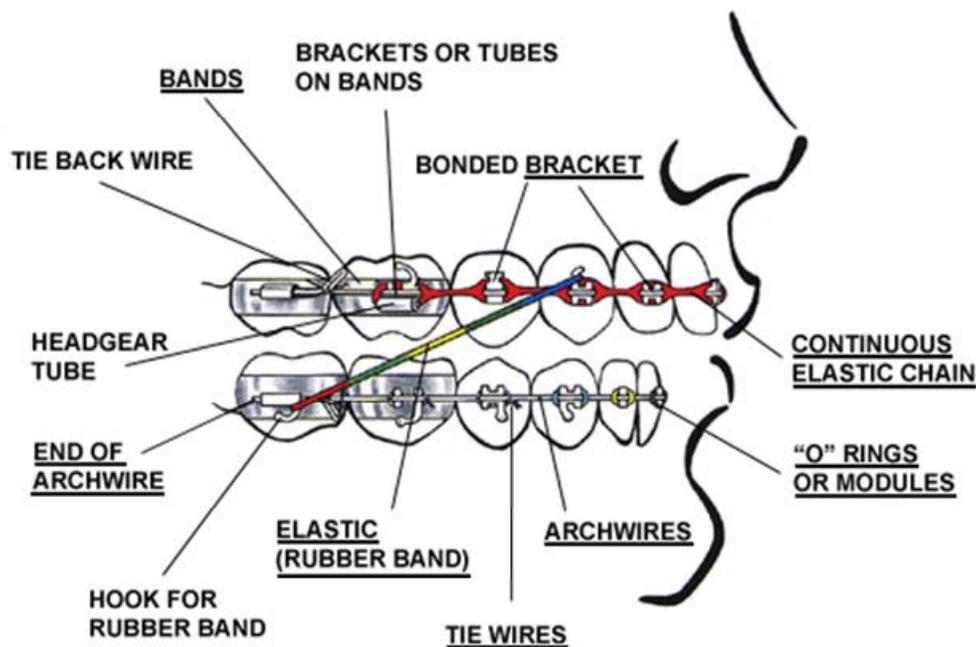
Carrot sticks (If you bite into carrot curls that are thin)

Apples (Cut into wedges, don't bite a whole one!)

THESE ARE THE MOST IMPORTANT PARTS OF OUR USUAL APPLIANCE

BANDS: These are thin bands of metal, carefully fitted to the tooth and then cemented in place. They carry brackets, tubes, or rotating levers (in other words, they become a handle on your tooth). They give us a way to grasp and control each individual tooth.

BRACKETS: Recently, methods and materials have been perfected that allow braces to be cemented or bonded directly to the tooth surface. In some cases it is no longer necessary to cement a band around each tooth in order to hold the "handles" or brackets in place. Once treatment is finished the brackets are removed and the tooth surface polished free of the cementing materials.



ELASTICS: These provide a force that helps teeth move, usually employing one arch or group of teeth against the other.

ARCHWIRES: These act as a guide or track along which the teeth are to be moved. They are changed throughout the treatment. Each change brings us closer to the ideal tooth position.

Flossing and Brushing with Braces

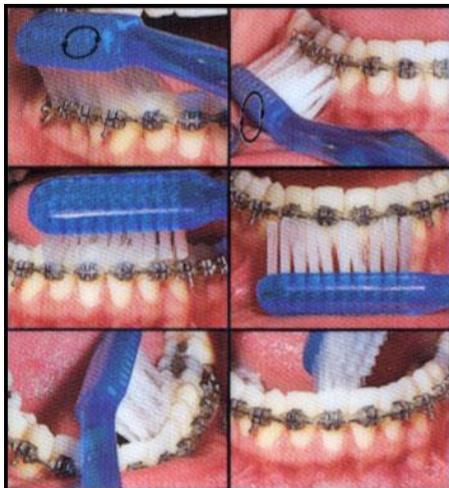
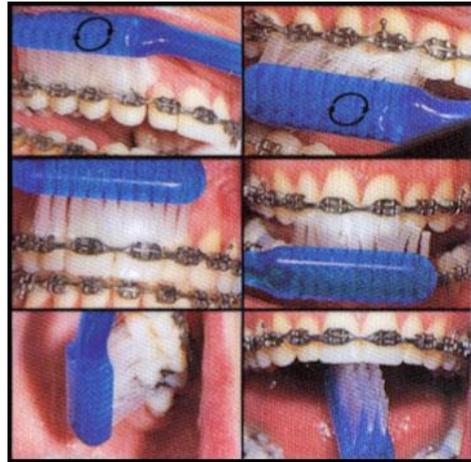
Insert Floss behind archwire



Gently clean sides of teeth and under gums with an up-and-down motion.

Floss between all teeth once a day

Use a soft toothbrush. Start brushing on the upper right. Brush above and below the braces using a small circular motion. Slowly work your brush toward the front teeth and over to the left side. Then brush the insides and biting surfaces. Take your time.



Starting on the right side, brush the outside of the lower teeth. Using the circular brushing motion, brush above and below the braces until the teeth and braces are sparkling clean. Move the brush slowly toward the front and left side. Then brush the insides and tops of teeth.

After Braces

Excellent Brushing and Flossing Poor Brushing and Flossing



Healthy Gums, Beautiful Teeth



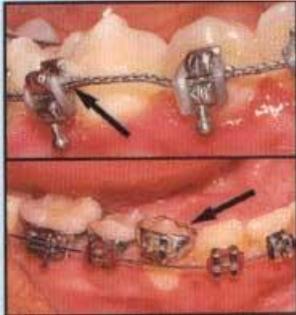
Decay

White spots on permanent teeth

Sore Swollen Gums

Problems

Loose Bracket



Loose Band

Lost the Wire or Elastic Tie



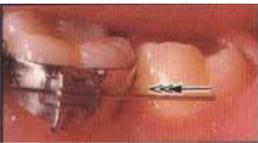
Appliance Does Not Fit

Soreness from Braces

Wire out of Tube



Rotated Archwire



Poking the Wire



Poking Archwire



Accidents Involving the Teeth

Solutions

If the bracket or band is still attached to the wire, leave it in place. If it's uncomfortable, cover it with wax. If it comes out completely, call for an appointment. Bring it with you to that appointment. **DO NOT CONNECT ELASTICS TO A LOOSE BAND.**

Please call to ask if an appointment is necessary. Notify the assistant at your next appointment.

Call for an appointment.

Rinse the mouth with warm salt water. If necessary, take the pain reliever that you would use for a headache or similar discomfort.

Try to place the wire back into the tube with tweezers. If you cannot, place wax on the wire if it is uncomfortable and call for an appointment.



Try to slide the wire back around to the other side. If unsuccessful, place wax on the wire and call for an appointment.

Bend the wire back with a spoon or a pencil eraser. If unsuccessful, cover it with wax and call for an appointment.



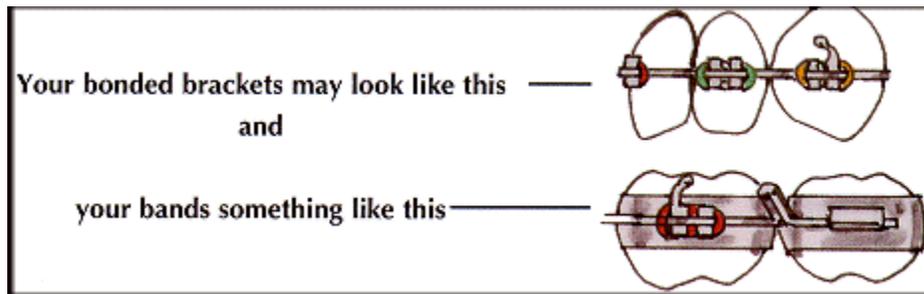
Cover with wax. If uncomfortable, call for an appointment.

Call your Dentist or Orthodontist IMMEDIATELY!

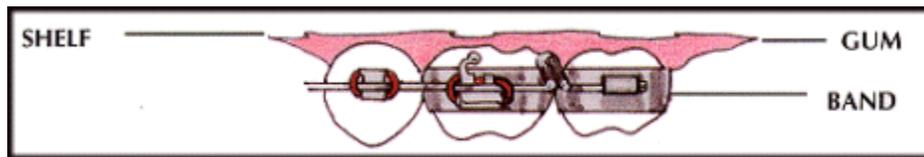
Important

Tooth Brushing Tips

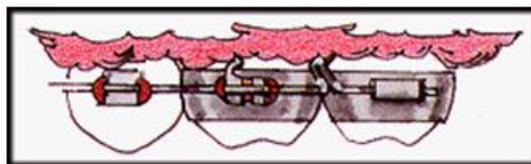
One of the common fears about orthodontics is that the braces may cause decay. Your full bands, or the brackets bonded to your teeth, cover and protect that portion of your teeth as long as they are firmly attached.



Either way, your brushing problem is the same. The bands or bonded brackets do make your teeth harder to clean. The brackets, tubes, and wires tend to make a little shelf around the outside of the teeth. This shelf makes it harder for your toothbrush to clean the spaces between your gums and the attachments.



If you fail to get the teeth clean and fail to exercise your gums, then the gums swell and make it even more difficult to clean.



**CONTINUED NEGLECT OF THESE AREAS
WILL RESULT IN DECAY!!!**

**PLEASE CONTINUE TO VISIT YOUR DENTIST FOR YOUR REGULAR CHECK-UP AND
CLEANINGS WHILE YOU HAVE BRACES**