

Congratulations on Starting Your Orthodontic Treatment!

Make sure you have a successful orthodontic treatment by following the below list of recommendations.

BRUSHING & FLOSSING

- Brush your teeth 3 times a day and after each snack
- Keep a handy travel toothbrush in your purse, backpack, locker, etc.
- Clean your hard to reach places with a Proxy Brush
- Use Floss Threaders to get in-between brackets and make flossing easy
- Be sure to rinse your mouth with fluoride at night before bed

COMFORT WITH BRACES

- After you get your braces on and after adjustment appointments, you might experience a dull, achy sensation. You can take Motrin, Tylenol or a pain medication you normally use for a headache to help relieve the discomfort.
 - Soft foods are your friend during the uncomfortable period. Choosing soft foods like soup and smoothies will help ease the ache.
 - Use dental wax to help with poky wires! Soften the wax between your fingers and place it on the area that is bothering you.



HELPFUL VIDEOS

See these recommendations come to life in videos! Visit us online at www.soundsmile.com and click the dropdown menus under “Braces” or visit our YouTube channel and browse our playlists at www.youtube.com/user/SoundOrthodontics/playlists.

Certain foods can lead to broken appliances (brackets, bands and wires), can significantly extend treatment time and be costly to repair. To help avoid these issues, we've compiled a list of *foods to avoid while wearing braces*:

Gum	Crackers
Sticky or Hard Candy	Hard Taco Shells
Beef Jerkey	Tough Breads/Pizza
Pop-Corn	Crunchy Granola
Corn Chips	Nuts
Hard Cookies	Ice

Keep your braces and teeth in great shape by:

- Avoiding sticky and sugary foods
- Cutting down on sweets and sodas
- Cutting hard food like carrots and apples into small pieces

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BODY AND *Smile*



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