

Welcome to BRACES



Congratulations on starting your orthodontic treatment! We are here to help you through this entire journey.

WHAT TO EXPECT

The first couple of days everything may feel a little strange. Your teeth or cheeks may become tender as they adjust to your brackets. At first, discomfort usually lasts 5-7 days. We recommend a soft diet, wax and OTC pain relief as needed.

COMFORT CARE

Occasionally during treatment, a sore spot might appear on your gums due to irritation from your braces. To help a sore spot heal, we encourage warm salt water rinses and applying wax as needed. Wax sticks best when the bracket or wire is completely dried!

CLEAN & CARE

Our number one concern here is making sure your smile stays healthy along the way! We recommend brushing at least twice daily with flouridated toothpaste and flossing daily! It is important to remember to angle the toothbrush above and below the brackets to make sure every spot is getting clean. Brushing will take about 2-5 minutes so be sure to leave extra time in the morning and night!



FOOD & DRINK

Unfortunately the brackets are not as strong as your teeth, therefore we have listed some common foods to stay away from. Some food will need to be cut up into smaller pieces before eating - especially apples! Call our office with any specific food questions when in doubt.

Please no hard, sticky or chewy food!

- Taffy / caramel
- Ice
- Hard candy
- Popcorn
- Granola
- Lollipops
- Hard pizza crust
- Hard chips /Takis
- Meat on bone

ACCIDENTS & REPAIRS

Most problems that could occur in between visits can be temporarily solved at home. Wax is great for a poking wire or a loose bracket. Some of the "lighter" wires we use can actually be clipped at home if necessary. If a bracket does become loose, please call the office, we may move your appointment up soon or ensure you're comfortable until then. Leaving brackets off for extended periods of time can slow treatment down or lengthen your time in braces.

Orthodontic emergencies are rare! If you have any after-hours concerns regarding comfort, please call our office number and follow the prompts to leave a detailed message with our on-call clinical assistant. You will be promptly contacted regarding your concern. For non-urgent needs/questions, send an email to admin@keyserortho.com - emails will be responded to on the next business day.

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