

BAILEY FAMILY DENTAL AND BRACES

HELPING PEOPLE THROUGH DENTISTRY

Benjamin L. Bailey, DDS, PC
Brian E. Bailey, DDS, PC

General Dentists

308 Dartmouth

Midland, MI 48640

(989) 631-6075

<http://www.midmichigansmile.com/>

BRACES: The DOs, DON'Ts and What to Expect

- It is normal to be uncomfortable with your new braces for a few days.
- You may need Tylenol™
- You will need orthodontic wax or earplug silicone from the drugstore before you go home. This is used to place on any “sharp spots” until your cheeks “toughen up.”
- Biting hard things, chewing gum, or eating sticky foods will pull the wires out or break off brackets.

So . . .

NO popcorn.

NO gum.

NO sticky or chewy candy, NO Fruit Rollups, and be careful with bagels and cheeses.

DO NOT bite off apples, jerky, carrots or other hard things (cut them first).

DO NOT chew on pencils, pens, or other foreign objects.

- If a wire comes loose or a bracket or band comes off, let us know ASAP. We will determine if it is urgent or not.
Years of treatment can sometimes be lost in days.
- Your bite may hit brackets and feel strange . . . this will change with time.
- Good oral hygiene, as outlined on another form, is very, very important!
- You must have mouth guards for physical sports, such as football, soccer, and basketball.

(over →)

DO NOT CHEW OR EAT:

Popcorn
Taffy
Caramel
Slow Pokes
Skittles
Starburst
Peanut brittle
Tootsie Rolls
Popcorn
Uncut apples
Uncut corn on the cob
Bagels
Pizza crust
Hard or crusty rolls
Popcorn
Carmel corn
Corn nuts
Ice (don't chew)
Popcorn
Pencils or pens
Popcorn
Gummy bears
Dots
Chocolate raisins or peanuts
Peanuts or nuts
Pretzels (Hard)
Pretzels (Large, soft)
Carrots (raw)
Celery (raw)
Popcorn
JuJu Fruits
Slowpokes