

APPLIANCE CARE FOR OUR ORTHODONTIC PATIENTS

- Do not play with your appliances, wires or brackets with your tongue, fingers, pencils, etc. This could cause things to loosen or break.
- **DO NOT EAT:**

Chewing gum	Ice
Nuts	Sticky or hard candy
Hard pizza crust	Popcorn
Hard rolls	Pretzels
Corn chips	Hard shell tacos
- It's okay to eat the following fruits and vegetables if you slice, grate or dice them:

Celery	Pears
Carrots	Apples
Any cooked fruits and vegetables	
- Do not eat corn on the cob or meat on the bone. Cut tough foods like steak and bagels into small pieces before eating.
- Brush your teeth after each meal. If you cannot brush, swish your mouth out with water to loosen and rinse away trapped food particles. Brush and floss each night before bed. Use a mirror to check results.
- For discomfort, we recommend Tylenol or Advil. Irritation to the lips and cheeks can be relieved with warm salt water rinses and wax if necessary. If soreness persists for more than a few days, call us.
- If any part of your appliance comes loose, call us promptly. We will determine if a visit to the office is needed or instruct you on how to handle the situation until your next visit.
- Remember to check your bands regularly. Any movement of the band indicates that it is loose. Please call us promptly if a band becomes loose. {A band is one of the metal rings cemented to the molars in the back of the mouth}.
- We recommend that you have your regular dental checkups at least twice a year. Patients that are more cavity prone should be seen every three months.
- Please feel free to call us if you have any questions or concerns about your braces. Remember they represent an investment in your future and are a big commitment on your part. We want your experience with our office to be pleasant and successful. We look forward to working together with you to give you a beautiful smile.

Dr. Ewers & Staff
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