

Preventing Problems with Your Braces

Cause

Effect



Biting Ice



Bracket Loose



Chewing on Pens or Pencils



Bent Archwire, Bracket Loose



Chewing Caramel



Band Loosened



Biting Whole Apple



Bracket Displaced



Special Caution

Drinking sodas while you have braces may cause permanent damage to your teeth.



Sugar + Plaque = Acid → Swollen Gums + White Spots + Decay



Nuts



Popcorn



Hard Candy

THESE CAN BREAK YOUR BRACES



Picking



Crunchy Foods



Gum

OVER

4 Things That Can Shorten Treatment Time

1) Keeping Your Appointments and Being on Time.

Each missed appointment can lengthen treatment time by about a month.

2) Not Breaking Your Appliances.

Broken appliances can stop or reverse treatment progress. *Please be sure to wear a mouth guard to protect your teeth and braces when participating in contact sports.* Extensive repairs may require an appointment during school or work hours.

3) Wearing Your Elastics and Appliances as Instructed.

Your teeth won't move if instructions are not followed.

4) Keeping Your Teeth and Braces Clean.

All efforts should be focused on designing your new smile, not on unhealthy teeth and gums. Clean teeth with healthy gums move faster.



Excellent
Brushing &
Flossing



Beautiful Final
Result →



Poor Brushing
and Flossing



White Spots
and Swollen
Gums →



Unhealthy
Gums Caused
by Plaque
Buildup



Decalcification
From Poor
Brushing →



If something is loose or broken, please call during office hours. It's best not to wait until your next appointment. Place any piece that comes off in an envelope and bring it with you. *Use this diagram to tell us what is loose or broken.* → In the unlikely case of discomfort that you cannot manage, we are available when you need us.

