

## YOUR FIRST WEEK IN BRACES

### Things you CAN eat:

Soup	Milk Shakes
Plain Oatmeal	Smoothies
Scrambled Eggs	Macaroni and Cheese
Yogurt	Soft Ice Cream
Applesauce	Cream of Wheat
Baked Potato without Skin	Jell-o
Spaghetti without Meat	Pancakes
Top Ramen	Spaghetti 0's
Mashed Potatoes	Cottage Cheese

### Things to AVOID:

- Playing contact sports (unless with a mouthguard)
- Chewing fingernails, pens, or pencils
- Playing with or picking at braces

### Helpful Hints:

Throughout treatment, your wires or braces may cause irritation to your cheeks, lips, or gum tissue. It is helpful to use orthodontic wax to aid in discomfort while getting used to your braces. In addition, the wires we use are titanium based meaning that they work in conjunction with the natural warmth in your mouth. It is sometimes possible to accelerate your treatment by swishing with very warm liquids to activate your wires. If your braces cause discomfort, swish with ice cold water for 30 seconds to temporarily deactivate the wires. This helps ease discomfort especially prior to eating meals.