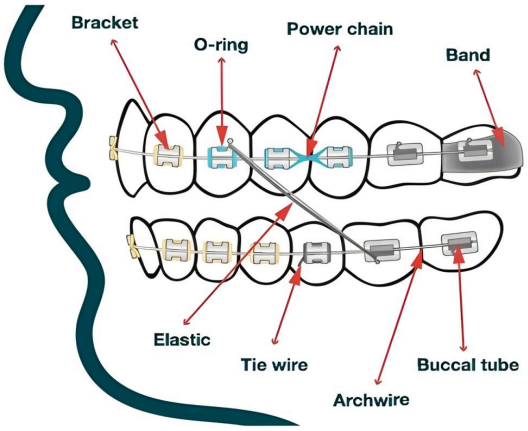
REDDY TO SMILE ORTHODONTICS

BRACES

Congratulations! You have become a new patient with braces!
Braces are a system of many components, which all work together to achieve tooth alignment and bite correction.



There are a few things a new patient with braces needs to know…

- It will take from 5-10 days to get accustomed to your braces. The initial soreness will last 1-3 days following each adjustment.
- As your teeth move, wires will sometimes begin to protrude from the band in the back of your mouth. Call the office for an appointment to have the wire clipped.
- Brackets will break away from your tooth if you eat hard, sticky, or crunchy foods. *Please avoid these types of foods* If a bracket breaks, please call our office to schedule a rebonding as soon as possible. If a bracket or band breaks away from your tooth, your tooth will be at risk of moving out of alignment and your treatment time may increase.
- Oral hygiene is *VERY* important while you are in braces. A patient with braces must brush 3-4 times a day. Please also floss once a day. You will be provided with all the tools required to keep your braces shining! Be aware of *decalcification*. This occurs when plaque lays on your teeth and damages your enamel. It appears as bright white marks or squares on your teeth after your braces are removed. This is prevented by proper brushing.

Foods to avoid with braces:

Hard Candy: such as Jolly Ranchers and Lifesavers

Sticky Foods: such as caramel, gum, taffy, Starbursts, Airheads, or Skittles

Crunchy Foods: such as chips, pizza crust, hard pretzels, nuts or ice

*Avoid soda as the acidity and carbonation may erode the glue used to adhere the braces to your teeth.

*Avoid chewing on pens, pencils, ice and fingernails.

Dr. Kavitha Reddy 112 Thomas Johnson Drive Suite #110 Frederick, MD 21702 P (301) 631-5860