



Children's Hospital Boston

Department of Dentistry

Children's Hospital, Boston

300 Longwood Avenue – MailStop: HU – 226

Boston, Massachusetts 02115

phone 617-355-6571 – fax 617-730-0478 www.childrenshospital.org/dentistry



**HARVARD SCHOOL
OF DENTAL MEDICINE**

Division of Pediatric Dentistry

Department of Oral and Developmental Biology

Care of Orthodontic Appliances

Brushing

Brush your teeth carefully and thoroughly after each meal as instructed by our staff. Give particular attention to the tooth surfaces between your gums and braces.

Flossing

FLOSS AT LEAST ONE EACH DAY! Use super-floss (or floss threaders) to assist you in getting under the orthodontic wires. Regular use of dental floss will help you prevent gum disease. Bleeding gums mean that more attention should be given to flossing regularly. Bleeding will stop as the gums heal.

Preventing Breakage

Cooperation is the key to successful orthodontic treatment. It is important that you take good care of your braces. Here are some recommendations on foods that you should avoid because they may cause your appliance to break.

- Chewing gum
- Ice
- Popcorn kernels
- Granola bars
- Chewy or sticky candies such as taffy, caramels, *Now and Laters*®, *Shark Bites*®, *Gummy Bears*®, *etc.*

In addition, it is also important to:

- Slice apples and hard vegetables before eating
- Keep fingers away from wires
- Keep pens and pencils out of mouth



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- Cut corn off cob
- Cut meat off bones (spare ribs, drumsticks)
- Do not bite down on cough drops and hard candies
- Continue to have cleaning and check ups at least every six months or more frequently if recommended by your dentist.

PLEASE NOTE: Broken appliances will only delay the day everyone can see your new smile.

General Soreness

Tenderness may occur for two or three days after appliance placement or adjustments.

TYLENOL® or ADVIL® may be taken, if needed.

Loose wires & Bands

If a band, bracket, or wire should come loose, please call us if your appointment is several weeks away and schedule an appointment during weekday office hours. Should a serious or painful problem develop, call and schedule an emergency visit.

Athletics

Mouth guards should be worn while playing sports. A temporary mouth guard can be purchased at your local sports store. Custom mouth guards can be fabricated after orthodontic treatment is complete.