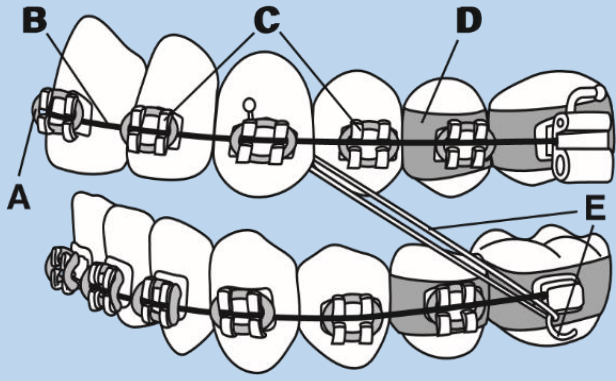



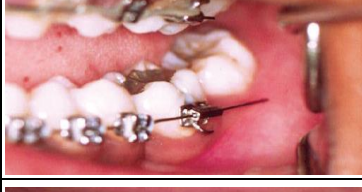



## HOME REMEDIES

<p><b>TOOLS &amp; SUPPLIES</b></p> <ul style="list-style-type: none"> <li>• Orthodontic wax</li> <li>• Dental floss</li> <li>• Sterile tweezers</li> <li>• Small, sharp clipper</li> <li>• Q-tips or Pencil Eraser</li> <li>• Salt Water</li> <li>• Interproximal brush</li> <li>• Toothpicks</li> <li>• <i>Ora-Gel</i> or <i>Orabase</i></li> </ul>	<p><b>A. Ligature</b> The archwire is held to each bracket with a ligature, which can be either a tiny colored elastic or a twisted wire.</p> <p><b>B. Archwire</b> The archwire is tied to all the brackets and creates force to move teeth into proper alignment.</p> <p><b>C. Braces</b> Brackets are bonded on the teeth, and hold the archwire in place.</p> <p><b>D. Metal Bands</b> The band is the cemented ring of metal that wraps around the back teeth.</p> <p><b>E. Elastic Hooks &amp; Rubber Bands</b> Elastic hooks are used for rubber bands, which help move teeth toward their final position.</p>	
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Please email us a picture to [info@amherstorthodontics.com](mailto:info@amherstorthodontics.com). This will allow us to help you with the next step.

<b>Discomfort</b>	It's normal for a patient to have discomfort for a few days after braces or retainers are adjusted. But it can make eating uncomfortable. We encourage soft foods and following a regimen of Advil and Tylenol.	
<b>Ligatures Come Off</b>	Tiny rubber bands or small, fine wires, known as ligatures, hold the wire to the bracket. If a rubber ligature comes off, you may be able to put it back in place using tweezers. If a wire ligature comes loose, simply remove it with tweezers. If a wire ligature is sticking out, but is not loose, it may be tucked back down with a Q-tip, or pencil eraser to eliminate the irritation. Wax can also help.	
<b>Mouth Sores</b>	Some patients are susceptible to mouth sores. While braces do not cause them, they may be irritated by them. This is not an emergency, but may be uncomfortable. Prompt relief may be achieved by applying a small amount of topical anesthetic (such as Ora-Gel) on the irritation. Reapply as needed.	
<b>Irritation of Lips or Cheeks</b>	Sometimes new braces can be irritating to the mouth. Orthodontic wax makes an excellent buffer between the braces and your mouth. Roll a pea sized amount between your fingers to soften it. Place it completely over the area of the braces causing irritation. It is ok if you accidentally swallow some. The wax is harmless.	
<b>Protruding Wire</b>	Occasionally, the end of the wire will work itself out and irritate the cheeks. Try covering it with wax or the cotton tip of a Q-Tip. You may also attempt to cut the wire behind the braces with nail clippers.	
<b>Loose Brackets, Wires or Bands</b>	Brackets can be loosened with hard or crunchy foods, or the mouth is struck while at play. Sometimes repairs are delayed on purpose to keep other areas of progress moving. We can help you determine if a repair is needed.	

## Comfort Recommendation

### **Warm Salt Water Rinses**

1. Dissolve ¼ Tsp regular table salt, into 8 oz of warm water
2. Use 3-5 times a day, for as many days as needed
3. Great to help with Swollen Gums Ulcers and irritations

### **WAX**

1. Use a pea sized amount of wax on any sharp areas, or if you have a brace that is loosened.
2. Be sure to replace often until you are comfortable
3. If a few days of using wax does not provide relief, call us to see if a follow up appointment is needed.

### **Soft Diet**

1. Eating a softer diet is very helpful in the first few days
2. Cut or tear food up into smaller pieces and use your back teeth more

## ORTHODONTIC FOOD LIST

*Damaged or broken braces and appliances can mean the inconvenience of extra visits. Repeated breakage can extend treatment time. Even though accidents do happen, most broken wires or loose braces can be traced to eating something that is too hard or too sticky. We ask you to work hard to follow these food guidelines.*

### **FOODS THAT ARE TOO HARD:**

Clark Candy Bars	Hotballs	Jolly Ranchers	Hard Candy	Lifesavers*	Ice (don't crunch)
Jawbreakers	Pretzel Rods	Lollipops*	Mars Bars	Peanut M&M's	Nuts (any kind)
Payday Candy Bars	Skor Bars	Peanut Brittle	Candy Canes	Butterfingers	

**\*Not even if you just suck on them**

### **FOODS THAT ARE TOO STICKY:**

Caramels	Charleston Chews	Dots	Fun Fruits/Rollups	Granola Bars	Gum*
Gummies	Jelly Beans	Milk Duds	Mentos	Licorice	Starburst
Rolos	Skittles	Sugar Daddy	Sugar Babies	Tootsie Rolls	Taffy
Now & Later	Air Heads				

**\*any kind of gum, even sugarless**

### **FOODS THAT CAN CAUSE GUM INFECTION:**

Popcorn / Cracker Jacks

### **FOODS YOU SHOULD CUT UP INTO BITE SIZE PIECES AND CHEW ON YOUR BACK TEETH:**

Apples	Pears	Carrots	Celery	Hard Crusty Breads	Hard Bagels
Corn (cut off the cob)		Any other fruits or vegetables that are hard			Chicken Wings and Ribs

### **HABITS TO AVOID/STOP:**

Pen/Pencil chewing	Nail Biting	Chewing on your mouthguard
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**If a wire comes off or something loosens, please email us a picture to [info@amherstorthodontics.com](mailto:info@amherstorthodontics.com). This will allow us to help you with the next step.**

*This list does not cover it all. Remember, if in doubt, leave it out.*