



COMFORT RECOMMENDATIONS

Medicine if you are over 100 pounds, repeat as needed for the first 3-4 days

1. 800 mg Advil (4 - 200 mg tablets with food or milk)
3 Hours Later
2. 650 – 1000 mg Tylenol
3 Hours Later
3. 800 mg Advil (4 - 200 mg tablets with food or milk)

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 has 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.

Amherst Orthodontics
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