

Braces Care Guide

DAVIS
ORTHODONTICS



Caring for Your Braces

WHY BRACES CARE MATTERS

Taking good care of your braces isn't just about avoiding repairs! It helps you:

- Stay on track with treatment time
- Prevent cavities and gum problems
- Protect your investment in your smile!

DAILY BRACES CARE

- **Brush after every meal** with fluoride toothpaste to remove food and plaque.
- **Floss at least once a day** using a [platypus flosser](#) (orthodontic floss pick) or a floss threader to clean between your teeth and behind the wire.
- **Rinse nightly** with a fluoride rinse like [ACT](#) or [Phos-Flur](#) to help prevent cavities and gingivitis.

These simple habits will keep your smile clean and speed up your orthodontic progress.

Best Foods to Eat with Braces

BRACES-FRIENDLY FOODS

- Soft foods like pasta, soup, chicken, eggs, or meatloaf
- Smoothies, yogurt, and mashed potatoes
- Steamed or soft-cooked vegetables

FOODS TO AVOID WITH BRACES

- Sticky foods: caramel, taffy, gummy candy, etc.
- Hard or crunchy foods: popcorn, nuts, chips, pretzels, hard candy, pizza crust, raw carrots, etc.
- Sugary treats: soda, cookies, candy, etc.

QUICK TIPS

- Cut food into small, bite-sized pieces to make eating easier and safer for your braces.
- Avoid bad habits like chewing on pencils, fingernails, or ice.

Common Problems & Quick Fixes

LOOSE BAND OR BRACKET

- Place orthodontic wax over the area to prevent irritation.
- If a bracket comes off the wire, save it and bring it to your next appointment.
- Call or text us during business hours so we can let you know if you need to come in sooner.

POKING WIRES

- Try gently bending the wire back with a spoon or eraser.
- Cover the area with wax to ease irritation.
- Call us if it continues to bother you and we'll schedule a repair if needed.

LOST TIE OR ELASTIC

- If it's not uncomfortable, it can usually wait until your next visit.

Common Problems & Quick Fixes

GENERAL DISCOMFORT

- Warm salt water rinses can soothe irritation.
- Use numbing gel for ulcers (these usually heal in 5–8 days).
- Tylenol or Advil can help with soreness after adjustments.

Treatment Tips & Quick Facts

- **Brushing & Flossing** – Skipping leads to plaque, cavities, and permanent white spots. If hygiene gets too far off track, we may have to pause treatment.
- **Snack Smart** – Use the tips in this guide to avoid issues and stay on track with treatment.
- **Rubber Bands** – Wear them 24/7 (or exactly as instructed) to fix your bite.
- **Treatment Time is an Estimate** – Every smile is different, so treatment may be a little shorter or longer than expected.
- **Progress Checks** – We'll update photos and x-rays along the way. If growth or changes happen, we may adjust your plan.
- **Regular Visits = Progress** – Plan on appointments every 6–12 weeks to keep things moving.
- **Regular Cleanings** – Keep up with your regular dentist visits during treatment.
- **Retainers = Forever Friends** – Wear them nightly (unless we tell you otherwise) to keep your teeth from shifting back.

NEED MORE HELP?

We're just a call or text away at
(864) 801-3500.

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