

Your First Day In Braces

Will the Braces Stay on If I Eat?

The adhesive used for attaching the braces to your teeth cures rapidly initially, but it takes 24 hours to completely adhere. You can eat anytime after leaving our office, however, we ask that you be mindful of the suggested eating list for food that may be harmful to braces. We usually suggest eating macaroni & cheese, mashed potatoes, smoothies or any kind of similar foods for the first few days, after braces are placed on the teeth. Until you become accustomed to eating with your braces, you may find it beneficial to follow a diet consisting of soft foods.

Will the Braces Cause Discomfort?

Initially the braces feel like they "stick out" and it may be difficult to get your lips around them. This is normal. As you become accustomed to your braces and tooth alignment improves, this sensation will cease to be a concern.

Although the brackets have been rounded and smoothed, until the cheeks tissues have "toughened," you may find it helpful to use a small piece of orthodontic wax around the bracket that is creating the irritation. If your supply of wax runs out, call our office for more. The wax may also be purchased at a local drug store.

You may notice some discomfort beginning a few hours after your braces are placed. Some teeth, usually the front teeth, may be "tender" and sensitive to pressure.

Occasionally, patients report that they experience no discomfort, but most patients have some soreness beginning sometime during the first eight hours and dissipating in 2 - 7 days. Exactly when the discomfort ceases is impossible to predict and differs with each patient. Over the counter pain remedies are recommended for discomfort. For maximum effectiveness, it may be best to take such medications before the discomfort begins.

What Can I Do to Minimize Discomfort and Ensure Optimal Response to Treatment?

There are routine steps that we ask you to take prior to leaving the office. Please make sure you make these steps a part of your orthodontic visit:

Using your finger and tongue, check that the wire ends do not extend into an area which might poke the tongue or cheek.

Make sure you understand what you're supposed to do until your next appointment. This could include wearing headgear or elastics as instructed, activating an expander or following specific hygiene or diet instructions.

Make sure you have an adequate supply of orthodontic wax, special cleaning aids, elastic bands or other related materials you may need between appointments.

Always schedule your next appointment before leaving the office. Waiting 1 or 2 weeks after an appointment to schedule your next office visit complicates the scheduling process, since appointments are scheduled weeks in advance. Postponing appointments is a common contributor to extended treatment time.

Make sure that your questions about treatment are answered. Treatment goes better when everyone understands the treatment process. We encourage parents to accompany their children to their appointments, allowing us the opportunity to update you on treatment progress.