



Welcome to the Wonderful World of Braces!

The material used to attach the braces to your teeth cures rapidly on the surface, but it takes 24 hours to completely cure. You can eat any time after leaving our office. However, we ask that you are careful and not eat foods that will be harmful to your braces. Until you become accustomed to eating with your new braces, you may find it beneficial to follow a diet consisting of soft foods.

Initial Discomfort

Initially, braces feel like they “stick-out”. This is normal. As you become accustomed to your braces and tooth alignment improves, this sensation will disappear and will cease to be a concern. Although the brackets have been rounded and smoothed, until the cheek tissues have “toughened,” you may find it helpful to use a small piece of wax around the bracket that is creating the irritation. If your supply of wax runs out, call our office for more.

You will probably 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 have some soreness beginning during the first eight hours and disappearing within the week. Exactly when the discomfort ceases is impossible to predict and differs for each patient. You may wish to take non-prescription pain medication for the discomfort. For maximum effectiveness, it may be best to take it before the discomfort begins.

General Soreness

When you get your braces on, you may feel general soreness in your mouth and your teeth may be tender to biting pressures for three to five days. This can be relieved by rinsing your mouth with a warm salt water mouthwash. Dissolve one teaspoonful of salt in 8 ounces of warm water and rinse your mouth vigorously. If the tenderness is severe, take Tylenol, ibuprofen, or whatever you normally take for headache or similar pain. Your lips, cheeks, and tongue may also become irritated for one to two weeks as they toughen and become accustomed to the surface of the braces. You can put wax on the braces to lessen this. We'll show you how!

Loose Teeth

Don't worry! It's normal. This is to be expected throughout treatment. Teeth must loosen first so they can be moved. The teeth will eventually become rigid in their new corrected positions.

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