



DR CATHERINE PORTER
BDS, MDS (Otago)
ORTHODONTIST



Braces Homecare Instructions

The braces are going to feel strange at first. Try not to pick at the wires or elastics as damage almost always occurs.

The solid knobby feeling will slowly disappear as the teeth begin to move. Usually as the teeth begin to move some discomfort occurs ...this is normal.

Try to keep your mind occupied by doing things you like. Keep busy.

For the first 24 hrs. keep the food very soft (soup, noodles, custard, yogurt etc.)

If the teeth are uncomfortable then use Panadol or Nurofen 4 hourly as required (NB asthmatics should not use Nurofen).

After the first 24 hours if the teeth are still tender keep the food soft (eg mashed potatoes, minced fish etc).

Keep your lips moist with lip gloss or chapstick to keep them from cracking.

Please contact us if you are having any problems.



FOOD GUIDELINES

Eliminate sticky foods

- Bubblegum
- Caramels
- Lollipops

Avoid hard/crunchy foods

- Raw Carrot and apple
- Nuts
- Sweets

Minimize sugar intake

- Sweets
- Sugar-based drinks
eg: Fizzy drinks & orange juice
- Cakes