



## FIRST DAYS IN BRACES

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

Patients, who have a bite plate placed behind the upper front teeth, will find that their back teeth do not meet together. This can cause concern but it is **NORMAL**. Eating softer foods for the first few days will help you get used to the new sensation. Within a few weeks we will be able to bring your back teeth together again.

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 in the first eight hours. The soreness will disappear in a few days. Exactly when the discomfort ceases is impossible to predict, and differs for each patient. You may wish to take nonprescription pain remedies, as you would take for headache or muscle pain, to relieve the soreness. For maximum benefit, these are best taken before the discomfort begins.

### **BEFORE LEAVING THE OFFICE**

There are routine steps, which we will ask you to complete before you leave our office. These will minimize the chances for discomfort or irritation later on. **Please make these steps a part of each office visit.**

1. Using your finger and tongue, check that all of the surfaces feel smooth and that nothing is poking your cheeks and tongue.
2. Make sure you understand what you have to do until your next appointment. If you are not sure of the instructions, ask the assistant to review them with you.
3. Make sure you have an adequate supply of dental wax, special cleaning aids, rubber bands or any other materials you may need between appointments.
4. Always schedule your next appointment before leaving the office. Waiting to schedule may mean you have to wait longer than the doctor requested.
5. Make sure that your questions are answered. Treatment always goes better when everyone understands the steps along the way.

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