

**Pediatric Dentistry**

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**Orthodontics**

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## **Caring For Your Braces**

### **Soreness**

It is not unusual for there to be soreness for 24-48 hours after the braces have been placed. If necessary, you may give Tylenol® or Motrin®. Most patients however, tolerate the soreness and consider it a part of orthodontic treatment.

### **Eating**

Be careful of the foods you eat while wearing your braces. Hard foods can bend your wires and loosen your brackets. Avoid eating foods such as hard pretzels, hard candy, raw carrots, hard pizza crusts and other such hard foods. The basic rule is if you cannot crush it between your thumb and finger, it is too hard to eat!

### **Loosening of Teeth**

This is to be expected throughout orthodontic treatment. A tooth cannot move unless it is slightly loose. Do not be concerned as all teeth will tighten after treatment is complete.

### **Sports**

It is very important that you wear an athletic mouth guard while you have braces. Our office has special orthodontic mouth guards that will protect your teeth and still allow your teeth to move.

### **Loose Brackets**

Loose brackets are not considered an emergency unless they are causing discomfort. If a bracket or band becomes loose call our office before your next scheduled visit so we can arrange enough time to reattach it. Without prior notice, we will not have enough time to reattach the bracket. If a wire breaks or slips either cut the loose wire with a pair of wire cutters or cover the sharp end with some of the orthodontic wax we provided you.

### **Brushing Brushing Brushing**

It is extremely important that you brush your teeth, gums, *and* braces after each meal. Otherwise, gum disease, permanent discoloration and tooth decay may result. Swollen, inflamed gums interfere with tooth movement and will prolong your treatment.

### **Now This Is An Emergency!**

We consider an emergency any orthodontic problem that is causing severe pain, swelling, or an inability to eat.

### **What To Do For A True Orthodontic Emergency When Our Office Is Closed**

If your braces were put on by Dr. Barry Lyon, please call (410) 760-1212. If your braces were put on by Dr. Françoise Engel, please call (410) 761-4466.