

MaryBeth Marcincin, D.M.D., M.S.
1414 Millard Street
Bethlehem, PA 18018
610.691.1461

PATIENT INSTRUCTIONS: BRACES

Congratulations, you have taken the first step towards your healthy dentition and new smile!

FOOD:

A food list has been provided on the back of this sheet. Sticky/chewy foods are not recommended. The patient can chew sugarless gum (Orbit, Trident, Extra, etc.) on occasion. It is important that when eating hard foods, the food is broken up into bite-size pieces. Do not bite into or tear foods with the front teeth; this can result in breaking the brackets off the tooth.

MAINTENANCE:

If any of the patient's brackets break off or bands come loose, call the office as soon as possible so that we may extend the time of the next appointment. If we are not aware of the breakage, we will not be able to replace the band or bracket. If the wire is poking you, you may try to cut it with a nail clipper or use wax to cover it and call the office. Also, be aware that excessive breakages can extend the length of the patient's treatment.

HYGIENE:

It is important that the patient maintains proper oral hygiene while in treatment. This includes brushing teeth a minimum of three times a day and spending an appropriate amount of time brushing (at least 3 minutes). Any soft bristled toothbrush may be used, like the one that was given today. Flossing is recommended once a day. Floss threaders were provided and may be used more than once. A proxy brush was also given to the patient to be used daily. This is also good to use when it is not possible to brush (at school after lunch). It helps to loosen up food and plaque that is in between the teeth and for hard to reach areas. Never use finger, fingernails or other sharp objects to remove food debris. A prescription fluoride toothpaste was provided to use for nighttime brushing throughout the total treatment time. Refills of the toothpaste may be purchased at the front desk or with a prescription. It is also important that routine dental care every 6 months be continued throughout the treatment.

Please expect some soreness to accompany the initial bonding. This will last for a few days. To reduce any discomfort, please take Tylenol or any headache reliever. It may also help to chew sugarless gum. This loosens the teeth slightly and may alleviate some soreness. Your teeth may also feel loose and this is normal.

If you should have any questions, please feel free to call the office. Visit our website for helpful tips and instructional videos: marybethmarcincin.com.

No Excuses Food List

STICKY

Caramel
Lollipops
Marshmallows
Skittles
Toffee
Gum
Starburst
Milky Way
Snickers
Gummy Bears, Fish, Worms
\$100 Grand Bar
Charleston Chew
Caramel Popcorn
Fruit Rollups
Licorice
Tootsie Rolls
Mentos
Now or Later
Raisins
Red Hot Dollars
Cinnamon Bears
Mike and Ike's
Good and Plenty's
Sour Patch Kids
Saltwater Taffy
Jellybeans
Peanut Chews
Cotton Candy
Gushers
Rice Krispie Treats
Dots

HARD

Pretzels
Ice Cubes
Bagels
Popcorn
Lollipops
Pens/pencils
Whole apples, pears, etc
Meat on a Bone
Mouthguards
Pizza Crust
Jolly Ranchers
Lifesavers
Mints
Doritos
Nachos
Tortilla Chips
Cheetos
Fortune Cookies
Nail biting
Peanuts
Corn on the Cob
Granola Bars
Carmel/Candy Apples

Every time a bracket breaks off or a band comes loose, you may add ONE MORE MONTH to the length of your treatment.