



Brush well around your appliance

Good brushing can prevent decalcification of the enamel (white spots) which can eventually result in cavities.



Do not eat sticky foods

Sticky foods can weaken the attachment or bond of the appliance to the tooth and will cause loose bands and brackets. This usually occurs slowly over time and the failure occurs while eating normal foods. Excessive bond failures with braces may result in additional months of treatment and a delay in getting your braces off. **Excessive bond failures may also create added expense to treatment for replacement of brackets.**

Examples: gum, caramels, gummy bears, taffy



Avoid biting hard objects or eating hard foods

Biting on hard objects may also damage your appliance or weaken the bands or brackets. Again, this weakening usually occurs slowly over time until the band/bracket comes loose while eating normal foods. Excessive bond failures with braces may result in additional months of treatment and a delay in getting your braces off.

Examples: ice, tootsie roll pops, rock candy, pens or pencils, jolly ranchers



If a band or bracket becomes loose, please call our office

At that time, we will discuss whether or not it is necessary for your child to come in immediately or if it is acceptable to wait for a more convenient time.

Your cooperation is essential in achieving the smile that you want!

