

WHAT TO EXPECT NOW THAT YOU HAVE BRACES

Congratulations on making the investment in your smile! Patients who have completed treatment with DeLuke Orthodontics are often thrilled with and amazed by the final results. Our patients share stories of treatment improving their self-esteem, the health of their teeth and the way they are perceived by their peers. Most feel the changes associated with having braces are well worth the end result. We completely understand that undergoing orthodontic treatment does require making some adjustments to your daily routine, and we are here to support you!

- ***Please don't Judge Braces By the First Week!***

We promise that after the first week, braces are relatively simple. The first week is an adjustment period for everyone, and it's normal to experience some discomfort during that time. Our team has created this sheet to help you understand what to expect and what you can do to increase your level of comfort. In the event your concerns persist beyond a week, our team of dedicated professionals are here to help you, so please feel free to contact us and we will work to address your concerns.

- ***Your Teeth May Become Sore***

It is perfectly normal for teeth to be sore for the first 3-5 days as they get used to moving. To increase your level of comfort, you may take **ibuprofen** (i.e. Advil or Motrin) as directed for soreness.

Team Tip

Ibuprofen is more effective than Tylenol at relieving pain associated with orthodontic treatment.

Team Tip

The foods you elect to eat are an important part of increasing (or decreasing) your level of comfort. Based on our experience, we find that patients who eat **soft and "mushy" foods** experience less discomfort. Here is a list of our team's favorite foods to help keep you comfortable during the first week of treatment:

- Ice Cream
- Milkshakes
- Yogurt
- Pudding and Jello
- Cooked Pasta
- Mashed Potatoes
- Soup
- Cottage Cheese
- Pancakes
- Eggs
- Oatmeal
- Smoothies/Protein Shakes

- ***Your Gums May Become Irritated***

It is completely normal for your gums to become irritated. Please remember this is only temporary. Just like when you get new shoes and your feet get blisters, your gums have to get used to the way the braces rub the cheeks. After a week or two the cheeks will adapt to having braces on your teeth.

Team Tip

To keep comfortable as your body adapts, you may **rinse with warm salt water** (2 Tablespoons of table salt mixed with 6 oz. of warm water). Swish the salt water in your mouth for 30 seconds then spit it out into the sink. Repeat this until the glass is finished. This can be done 3-4 times a day until the sores heal.