

## WHAT TO EXPECT FROM YOUR NEW BRACES

Well, your journey towards a beautiful smile has begun! Your braces are on now and there will be some adjustments for you to make. You must become comfortable with the way you look, the way your mouth will feel, and the foods you eat. First of all, you look fine! Many people wear braces so you do not look unusual. So, just like a new haircut or new clothes, you are improving your looks and should not feel self-conscious.

How will your mouth feel? Your teeth may feel sore or sensitive for 24-36 hours. This is normal and will pass soon. Take Tylenol or Advil as you would for a headache at the recommended dose. Even though your teeth may be sore, don't forget to brush and clean them well! Your lips are not used to the braces yet and you will experience some irritation. If you do, use the wax we gave you to cover sharp areas until your lips and cheeks adjust. Certainly if you have any concerns, please contact our office as soon as possible (205) 345-9075.

Chewing your favorite foods will require some adjustments. For the first few days, eat foods, which are soft and easy to chew, while your teeth are still sore. After the soreness passes, use common sense when it comes to eating. Hard crunchy foods may damage your braces, so cut up raw fruits and vegetables such as carrots and apples rather than biting them. It is very important to eat a balanced diet to remain healthy so be patient and chew slowly but don't give up!