

**SMILEORA DENTAL CARE**  
**Anil Mehta, DDS**  
**(860) 265-7890**

**WHAT TO EXPECT DURING TREATMENT**

- Your teeth and lips will be sore for about 1-2 weeks (everyone is different).
- If you have BITE GUARDS placed on your teeth (most patients) you will only be able to bite on the bite guards. Your other teeth won't touch until about 2-4 months into treatment.
- You will get used to eating with the BITE GUARDS! Hang in there!
- Use wax and Ibuprofen (or other pain meds) to help aid with discomfort as needed.
- During the first few weeks, you can place Six Month Smiles wax on parts of the braces that may be bothering you (wires or brackets).

**IF ONE OF THE BRACES (BRACKETS) COME OFF**

- We want the braces to stay on your teeth. If one pops off your tooth, it will sometimes come out of your mouth and it will sometimes stay on the wire.
- If the dislodged brace (bracket) isn't hurting you, try to hang on to it until you come in for your next adjustment
- You are responsible for keeping the braces on your teeth!

**AVOID THE FOLLOWING FOODS**

- Anything that is harder than a Pretzel
- Crusts, nuts, bagels, chicken wings, popcorn kernels, raw vegetables, whole fruit, candy, taffy and any other food that could dislodge one of your braces.
- Spaghetti sauce, red wine, coffee, tea, strawberries, blue berries, curry, dark sodas, red juices and other highly colored foods/drinks can stain your braces. Try to limit them.

**BRUSH AND FLOSS YOUR TEETH**

- Brush like crazy! It is your responsibility to keep your teeth and braces clean.
- Keep all plaque off of your teeth so that it doesn't harden up and turn into tartar
- Use your fingernails or a toothpick to check if all soft plaque and debris have been removed  
Teeth move slower when plaque and tartar is in the way!
- Your adjustments will be easier if your teeth are clean!
- Flossing can be difficult but it do-able. Thoroughly Floss with Super Floss daily. If you need an overview, please ask!

Please call if you have questions that aren't answered on this form. We are here to help you.