



Guidelines to follow once you have your braces

Respect the list of foods to avoid

A list of foods to avoid was provided indicating which foods may damage a bracket or cause a bracket to fall off. This list also serves to help minimize decalcification.

Maintain excellent oral hygiene habits

The brushing and oral home care techniques we demonstrated at your appointment are necessary throughout the length of your treatment. Your oral hygiene will be monitored at each appointment. A monthly draw was specifically designed to encourage good oral hygiene habits and cooperation.

An oral hygiene kit containing all the oral hygiene aids necessary for orthodontic braces is given to every patient at the beginning of the treatment. All of these aids may be found at any pharmacy.

You will need to brush for at least 3 minutes after each meal, and floss at least once a day.

Reduce your daily consumption of sugary foods to a minimum

Sugary foods (such as pop, mints, candy, bubble gum, etc.) must be avoided to prevent white spots (decalcification) and dental caries.

Continue visiting your family dentist on a regular basis

It is important to continue visiting your dentist for your hygiene appointments (cleanings) and complete dental exams.

If a bracket falls off...

Contact us as soon as possible so we can determine if the brace needs to be replaced right away or if it can wait until your next appointment. In most cases, the patient can wait until his or her next scheduled visit.

There will be a fee if you are responsible for more than 4 broken or loose brackets.

If something poking the inside of your cheek...

If the end of the wire is jabbing the inside of your cheek, cover it with orthodontic wax or with a cotton ball. If a loose bracket is causing some discomfort, cover it with wax or a cotton ball.

If you experience any pain...

Sensitivity or soreness for a few days is normal after you first get your braces, and after the first few appointments. You may take over the counter pain medication if you feel that you need them.

If you play any contact sports...

We will provide a mouthguard specifically designed for your appliance.

If you have any other questions, do not hesitate to contact us by phone at (506) 855-5801, or consult us on our Website at www.DrHuard.ca.