



GUIDELINES FOR YOUR BRACES

Foods to Avoid

- **Popcorn**- please avoid eating popcorn, the kernels can cause abscesses under the gums.
- **Bagels (whole)**- cutting into smaller pieces is recommended.
- **Apples and carrots (whole)**- cutting into smaller pieces is recommended.
- **Hard Candy**- Jolly Ranchers, Lollipops, Mints, Skittles, Frozen M&M's, etc.
- **Hard Food**- Takis, Hot Cheetos, Crunchy Granola Bars, M&M's with peanuts, Hard Tacos, Tortilla Chips, Pretzels, Nuts, Beef Jerky, etc.
- **Ice**
- **Sticky Foods**- Gum, Gummy Bears/Worms, Caramel Candy, Caramel Apples, Tootsie Rolls, Licorice, Toffee, Now and Laters, Starbursts, Gummy vitamins, etc.

Cutting your food into small pieces is highly recommended throughout your treatment, biting directly into things can cause brackets to break and wires to come out.

Foods to Enjoy

- **Soft Snacks**- Puffcorn, Pirates Booty, Ice Cream, Frozen Yogurt (be careful with toppings), Cookies, Chocolate, Pudding, Jell-O, Applesauce, Cheez-it, etc.
- **Softer Foods**- Pasta, Smoothies, Milkshakes, Soup, Sandwiches on sliced bread, Soft Tacos, Enchiladas, Quesadillas, etc.

If you are unsure of any foods, just cut them up to prevent breakage or avoid them completely

Problems and Solutions

You may be able to solve temporary problems with your braces by yourself until you can come in for an appointment.

1. **Problem: Loose band or Bracket**

Solution: If the band or bracket is still attached to the wire, please leave it in place. If the bracket or band is too uncomfortable, place a ball of wax on the area. If the band or bracket comes off completely, please put it in a zip lock bag and bring it with you to your appointment.

2. **Problem: Loose Wire**

Solution: Try to shift the wire back into place with tweezers. If this is not possible, clip the wire with fingernail clippers behind the last tooth it is fastened to. Use wax if necessary. Stop wearing elastics temporarily.

3. Problem: Poking Wire

Solution: Try to push the wire down with a pencil eraser or tweezers. If this is not possible, please place wax or cotton on the wire. If your teeth are crowded, expect the wire to get longer when your teeth are aligning.

4. Problem: Lost Metal Tie or Color Tie

Solution: Please notify the office on the next business day. Stop elastics if wearing.

5. Problem: Headgear does not fit

Solution: Headgear not fitting can be caused by a loose band or not wearing the device as directed. Please call the office for an appointment and do not wear the headgear.

6. Problem: Loose Appliance

Solution: If an appliance is loose or poking your mouth, place a ball of wax on the affected area or do what needs to be done to make the patient comfortable. Please call the office to schedule an emergency appointment.

7. Problem: Lost Separator

Solution: Check with floss to see if you need to force the floss in between the teeth. If the teeth are still tight, please call the office and schedule an appointment to replace the separator.

8. Problem: Lost or Broken Retainer

Solution: Please call the office as soon as possible so we can make a new retainer. There will be a fee for lost or broken appliances (e.g. Retainer, Invisalign tray, Splint, Night Guard. etc.).

Your teeth may be sore the first 2-3 days after your appointment. You may take Tylenol, Advil, or an equivalent headache medication to alleviate soreness. When your teeth start to move you will notice slight mobility, please do not be concerned as this is normal. Please continue to see your general dentist every 4-6 months for a cleaning and checkup, to help your treatment go smoothly. If you have something bothering you, do what is necessary to make yourself comfortable. If you alleviate the discomfort, please call the office so we can determine if we need to see you to repair any breakage. **If you cannot make yourself comfortable during regular business hours, please call the emergency number (858) 876-7839. Please leave a detailed message and Dr. Yoshikane will return your call.** We look forward to helping you with your smile!

For more tips on brushing and problem-solving techniques visit our website:
www.dryoshikane.com

Dr Yoshikane and Team
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