



# CHARLES A. SMITH, DDS & ASSOCIATES

Specialists for Aesthetic Dentistry

## **Guidelines for Orthodontic Patients**

### **Now that you are wearing bands.....**

You can look forward to a healthier, happier future. Keep appointments, follow instructions, observe dental care and you will speed successful completion of your orthodontic treatment.

### **Diet: Foods you cannot eat.**

1. Chewing gum
2. Potato Chips and Corn Chips
3. Apple or other hard fruits and vegetables such as carrots or celery unless they are cut into small pieces.
4. Pretzel
5. Any type of nuts
6. Steak – unless tender and cut into small pieces
7. Popcorn
8. Caramel
9. Hard candy and taffy
10. Pizza Crust
11. No chewing Ice
12. Watch about getting hit in the mouth

### **Your appliances.....**

Don't pick at your appliances with tongue, fingers, lips or objects. Accidents to appliances or loose bands should be reported at once. If a projecting wire causes irritation, cover with wax and call the office for advice.

### **Tooth brushing & Flossing**

Tooth brushing & flossing have two objectives. One is to remove food particles lodged between teeth and appliances. The other is to remove an almost invisible growth on the tooth structure known as bacterial plaque. Brush every time you eat food for three minutes and focus on the gum tissue/tooth interface