

# BAILEY FAMILY DENTAL & BRACES

“HELPING PEOPLE THROUGH DENTISTRY”

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## BRACES: The DOs, DON'Ts and What to Expect

- It is normal to be uncomfortable with your new braces for a few days.
- You may need Tylenol™
- You will need orthodontic wax or earplug silicone from the drugstore before you go home. This is used to place on any “sharp spots” until your cheeks “toughen up.”
- Biting hard things, chewing gum, or eating sticky foods will pull the wires out or break off brackets.

So . . .

NO popcorn.

NO gum.

NO sticky or chewy candy, NO Fruit Rollups, and be careful with bagels and cheeses.

DO NOT bite off apples, jerky, carrots or other hard things (cut them first).

DO NOT chew on pencils, pens, or other foreign objects.

- If a wire comes loose or a bracket or band comes off, let us know ASAP. We will determine if it is urgent or not. **Years of treatment can sometimes be lost in days.**
- Your bite may hit brackets and feel strange . . . this will change with time.
- Good oral hygiene, as outlined on another form, is very, very important!
- You must have mouth guards for physical sports, such as football, soccer, and basketball.

*Practice Not Limited To Orthodontics*

*(over please)*

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## **DO NOT CHEW OR EAT:**

Popcorn  
Taffy  
Caramel  
Slow Pokes  
Skittles  
Starburst  
Peanut brittle  
Tootsie Rolls  
Popcorn  
Uncut apples  
Uncut corn on the cob  
Bagels  
Pizza crust  
Hard or crusty rolls  
Popcorn  
Carmel corn  
Corn nuts  
Ice (don't chew)  
Popcorn  
Pencils or pens  
Popcorn  
Gummy bears  
Dots  
Chocolate raisins or peanuts  
Peanuts or nuts  
Pretzels (Hard)  
Pretzels (Large, soft)  
Carrots (raw)  
Celery (raw)  
Popcorn