



Post-Op Instructions – Orthodontics

It is completely normal to experience general soreness within the first couple days after getting your braces on. If you are experiencing any pain on your lips, cheeks, or gums from the braces while your mouth is becoming adjusted, apply some wax on the areas where it is tender. For pain relief, we recommend taking a pain reliever such as Tylenol and eating soft foods such as a smoothie, ice cream, applesauce, or soup. You may also rinse your mouth with salt and water.

Loose Bracket: If the bracket is still attached to the wire place wax on it for needed comfort. If the bracket can be easily removed, place it in a plastic bag and bring it with you to your next appointment.

Loose Appliance: Place wax on parts of the appliance that are poking you.

Loose Wire: First try using a pair of tweezers or pencil eraser to gently push the wire back into place. You can use floss to tie the wire around the bracket in place of the missing o-ring. If the loose wire is causing irritation to your lips or cheeks, try placing wax on the area to soothe some of your discomfort.

Poking Wire: Try to reposition the wire if it is poking your cheek, tongue or gum using a pencil eraser. If you can't reposition the wire, cover the end with a small cotton ball or gauze until you can get to our orthodontic office. Never cut the wire by yourself.