



# GREAT SMILES

PEDIATRIC DENTISTRY & ORTHODONTICS

828.274.9220 | GreatSmiles.com

## Information on Orthodontic Appliances

During your Child's appointment today, he or she received an orthodontic or space maintaining appliance.

### **Things to expect:**

1. Your child may talk "funny" for a few days.
2. Your child may complain of teeth being sore. If your child has braces, teeth may become sore after each wire change. This soreness usually lasts 2 or 3 days.
3. Teeth with bands on them may become slightly mobile or loose.
4. Other: \_\_\_\_\_

### **Foods to avoid during treatment:**

1. Chewing gum of any kind.
2. Any sticky foods such as caramels, Sugar Daddy's, gummy bears, fruit roll-ups, etc.

If teeth have brackets on the front (braces), you will need to cut "hard" foods into bite size pieces, i.e.: apples, carrots, pizza, etc. to avoid "popping" the orthodontic brackets off.

If any brackets or bands become loose, you will need to call and make an appointment to replace them. If any other problems or questions arise, please do not hesitate to give us a call.