



dobie+rollins
orthodontics

Love your smile

203 – 288 – 0900

2560 Dixwell Avenue
Hamden, CT

16 Main Street
East Haven, CT

5 Durham Road
Guilford, CT



«BRACES INFO»



Foods that cannot be easily cleaned from the braces may lead to tooth decay and/or discoloration. Even though the braces and wires are metal, they are fragile and are easily damaged by eating the wrong foods, thus increasing the duration of treatment.

EACH BROKEN BRACKET SLOWS TREATMENT BY AN AVERAGE OF 2 – 4 WEEKS!!!

Foods To Avoid

STICKY FOOD – Anything gummy, licorice-like, or requires that you to “tear” at it to chew it. Dots, Laffy Taffy, Swedish Fish, Gummy Bears, Sour Patch Kids, Airheads, Tootsie Rolls, Skittles, Starbursts, Now & Laters, Twizzlers etc. Also, no Beef Jerky (or Slim Jims)!!!

GUM – ALL GUM, NO EXCEPTIONS!!!

CARAMEL - CONTAINING – If it has ANY caramel in it, please don't eat it!
Twix, Turtles, Snickers, PayDays, Pecan Delights, Oh Henrys, 100Grands, Zeros, etc.

TOO CRUNCHY – Almost guaranteed to break brackets!!!
All hard candy, Jolly Ranchers, Push Pops, Lollipops of any kind, Nerds, Warheads, Sweet Tarts, Butterfingers, and all Seeds (pumpkin and sunflower). Also, NO POPCORN, NO NUTS, OR CANDY WITH NUTS!!

GOOD FOR YOU... BAD FOR BRACES

Granola, Corn on the Cob, Un-cut Apples, Celery and Carrots, Raw Broccoli and Cauliflower, Toasted Bagels, Pizza Crusts, Any type of Pretzels, Tough Meats, Power Bars, or Protein Bars – Basically anything that's too chewy or too hard!!

FINALLY – NO CHEWING ON PENS, PENCILS, FINGERNAILS OR ICE!!!

PREVENTING CAVITIES / WHITE SPOTS

- 1) **MINIMIZE SUGAR INTAKE!!!** – Avoid Soda, Sports Drinks, Candy, Sugary Desserts etc.
- 2) **Brush 3X / Day** – Morning, after school, and before bed. Brush for THREE minutes each time! Take your time and brush in circles, making sure to brush your gums too!
- 3) **Floss daily** – Insert floss behind the wire and gently clean the sides of the teeth and under the gums. Floss threaders or Super Floss can help with this. Ignoring between the teeth **misses 40% of the job!** Water picks/flossers are an excellent addition to brushing.
- 4) **Rinse nightly with a Fluoride mouth rinse (ACT)** – Swish for 60 seconds and then spit out (do not swallow / do not eat or drink for 30 minutes)

PROBLEMS AND SOLUTIONS FOR BRACES EMERGENCIES

You may be able to solve many braces problems temporarily by yourself. If something is loose or broken, please call the office during normal business hours to schedule a repair appointment.

We do repairs during the week in the **LATE MORNING** or **EARLY AFTERNOON**. This appointment usually takes about 30 minutes and cannot be done during a regular adjustment appointment in the afternoon from 2:30 – 4:30pm.

PROBLEM	SOLUTION
Loose Metal Band/Ring	Leave it in place around the tooth. Place wax as needed (dry the area before placing the wax for a better hold).
Loose Bracket	Try to slide it back to its proper position and place wax as needed. A loose bracket can sit on the wire for days/weeks without causing problems.
Loose Wire	Use tweezers to replace the wire back into the bracket/band or clip the loose wire with a fingernail clipper or cuticle cutter. You want to cut behind the last tooth to which the wire is securely fastened. Please be careful!! – It helps to place a cotton ball behind the tooth to “catch” the loose piece of wire. Place wax as needed.
Poking Wire	Push the wire back in place with a pencil eraser, and cover with wax.
Missing Colored Ring/O-Tie	Usually not a problem and does not cause any discomfort. This can be fixed at your next scheduled visit.
Cheek irritation / Canker sores	Warm salt-water rinses 2X / Day. Take Ibuprofen or Acetaminophen as needed for pain.
Retainer Not Fitting	In 90% of the cases this happens when the patient is not wearing their retainer enough. If it is due to a loose baby tooth, then the sooner the tooth is wiggled out the better.

ALWAYS CALL THE OFFICES FIRST TO SEE IF THEY ARE OPEN

AFTER-HOURS EMERGENCY ONLY NUMBER: (203) 988 – 0800