

HELPFUL HINTS WITH BRACES

Please DO

- use Advil or Motrin (Ibuprofen) to ease discomfort for first few days
- continue regular checkups with your family dentist
- notify the office if a breakage occurs ASAP
- use orthodontic wax for temporary discomfort due to irritation

Please Do NOT

- NEVER USE YOUR TEETH AS A TOOL
 - i.e. tear open packages, break open nuts in shells
 - bite finger nails, pens/pencils
 - crush ice cubes, popcorn kernels, cough candies/vitamins
- use whitening toothpastes

Be Careful

- remove food off hard centres i.e. cut meat off bones, and corn off the cob
- cut up crunchy foods into small pieces (i.e. apples, carrots, crusty bread)
- choose plain chocolate bars – no nuts or toffee hiding inside
- rinse or brush after sugary drinks

Stay away from:

- Foods that fall into 2 categories:
 1. sticky/ chewy
 - i.e. toffee, fruit roll-ups, gummie bears, Swedish berries
 2. hard foods
 - i.e. candies, nuts, peanut brittle,

Always

- Try to make your next appointment before leaving the office to ensure that you get a more convenient day and time for your schedule.

Please email Dr. Grubisa at drgrubisa@sympatico.ca if you have any questions. In case of an emergency outside business hours, you can call her on her cell at 416-543-9398.