

Congratulations! You're on your way....to your new smile!

For the first few days your new braces may feel a little strange and your teeth may be slightly tender. Don't worry, this is quite normal. You will find the adjustment to your new braces a lot easier if you follow these few simple rules:

Stay on a diet of soft, easily chewed food until the discomfort has diminished. Tylenol may also be helpful. See your orthodontic kit instructions below:



3 Brushes and Timer

Use the timer to ensure you brush for 2 minutes. Brush in small circles, 2 teeth at a time. Use the small tapered brush to get in between the wire and your teeth. The travel brush will help you keep your braces clean at school or at work.



Floss and Floss Threader

Use the floss threader to get your floss under the wire and take it under your gum line, in between your teeth.



Wax, Peroxyl, Mirror

If you experience discomfort from your braces, use the mouth mirror to find the area, soften some wax, and use on the area for your comfort. The Peroxyl rinse is for rinsing your mouth if there are any mouth irritations.



Sonicare Toothbrush

Another option for you! If you or Dr. Steckel have concerns about your ability to clean your teeth using the kit above, a Sonicare toothbrush is a better option for you. Get your Sonicare here with professional instructions included.

NOTE: It is recommended that you brush with 1 tablespoon of vinegar added to 1 cup of water once a day. (This is to reduce deposits on your braces.)

We look forward to seeing **you** and **your smile** at your next appointment. Congratulations!

Dr. Steckel and the OSL Team