HAMILTON ORTHODONTICS

Welcome to your Braces Journey!

We are so excited to partner with you on your new adventure! Braces are a big adjustment and can take some time to get used to. Our goal is for you to adjust as quickly as possible, however new braces can be challenging in the beginning. Your teeth will be sore and your lips and cheeks have a lot to get used to. Make sure to take tylenol or Advil as needed for the first few days. Warm salt water rinses can also help. After a few days you will get used to the braces and the soreness should ease! Hang in there!

You, Dr. Hamilton and our staff are now a team. We all want the same thing: a beautiful smile with healthy, clean, straight teeth.

Orthodontic treatment is a lifetime investment.. With both the financial commitment and the amount of time for all involved, it is not an investment you want to take lightly. Teaching you to properly care for your braces is very important to us. At Hamilton Orthodontics, we take pride in the amount of time we spend on every patient, at every visit on oral hygiene. It can enhance or take away from our final result, so we feel it is of utmost importance. Good brushing is even more important with braces and it is a skill you absolutely must master. You must brush after lunch, dinner, and snacks. If teeth are not properly cleaned while in braces, you run the risk of having the overall health of your teeth compromised. By following Dr. Hamilton's instructions on oral hygiene and avoiding certain foods, you can maintain healthy teeth and a beautiful smile that will last a lifetime.

The Orthodontic Diet:

Braces are intended to be removed at the appropriate time and can therefore be damaged by eating the wrong foods. Hard, crunchy, sticky foods can break your brackets and cause painful emergencies. Avoiding such foods will lead to a better experience in treatment. Foods that are not cleaned off the braces and teeth may lead to discoloration and decay of your teeth. Sugary foods feed the bacteria in your mouth. Try to eat less of these foods and brush as soon as possible after eating.

Foods to avoid:

Caramel, sticky candy, gummies,
Bubble Gum (sugar free gum is fine)
Starburst, Tootsie Rolls, Skittles, Laffy Taffy, and the like… bend wires, loosen bands, and knock off brackets.
Popcorn… The little shells get between the gum and band and could cause an infection.
Raw Carrots, Hard Pretzels, Nuts, Ice… Hard as rocks and breaks everything.

Beef Jerky, Slim Jims, Now & Laters… Tough as nails.
Bagels… too hard and chewy, braces come loose and wires get bent.
Corn On The Cob… Slice corn off the cob.
Apples… Slice them into bite size pieces.
Avoid chewing on pens, pencils, and fingernails.
It is a good idea to tear your food into small pieces and chew with your back teeth!

What to do if you have an Orthodontic emergency:

Sometimes with braces problems or emergencies can happen, brackets can break off, wires can poke or become sharp etc. If these problems occur, you can call our office and try some of these home remedies until you can be seen by our office.

Wire poking – try to push the sticking wire down with a spoon or eraser, or place wax
Loose wire – try to put the wire back in place with tweezers or clip the wire with clean fingernail clippers behind the last tooth to which it is securely fastened. If this is not possible, place wax on it.
Loose tie wire or elastic tie – notify us at your next appointment
Loose band or bracket – if the band or bracket is still attached to the wire, leave in place. If it comes out completely, call to reschedule and bring it to your next appointment.
Soreness – use warm salt-water rinses and/or Tylenol or Ibuprofen.

We are in this together! Please call or text if you have any questions or concerns. We are so excited you have chosen Hamilton Orthodontics to give you your best smile.