BERNARDO CALDAS
ORTHODONTICS

Care Instructions

Braces care

Brush thoroughly after meals whenever possible and floss at least once a day. Pay extra attention around the brackets and along the gumline, where food and plaque can easily collect. An electric toothbrush, interdental brush, or water flosser can be helpful. If a bracket becomes loose or a wire is causing discomfort, contact our office so we can determine whether an appointment is needed.

Aligner care

Wear your aligners as directed, generally 20 to 22 hours per day, removing them only for eating, drinking anything other than water, brushing, and flossing. Always brush your teeth before putting the aligners back in. Clean aligners with cool or lukewarm water and a soft toothbrush or an appropriate aligner cleaner. Avoid hot water, which can distort them. When they are not in your mouth, keep them in their case.

Eating with braces

Most foods are still fine with braces, but avoid anything very hard, sticky, or chewy that could damage the brackets or wires. Examples include hard candy, ice, popcorn kernels, gum, caramel, and very chewy foods. Cut harder foods such as apples, carrots, pizza crust, and meat into smaller pieces rather than biting directly into them with the front teeth.

Other instructions

Some tenderness is normal for the first few days after braces are placed or following adjustments. Orthodontic wax can be used over any area that feels irritating. Continue regular dental cleanings and checkups throughout orthodontic treatment. For patients wearing elastics, retainers, expanders, or other orthodontic appliances, follow the specific instructions provided by Dr. Caldas and our team. Consistent appliance wear and good oral hygiene are important for keeping treatment on schedule.

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