



POST-OPERATIVE INSTRUCTIONS

After a Braces Adjustment

Cosmetic · Cisco Dental — Dental Fitness

Traditional braces move teeth steadily with wires and brackets. After placement and after each adjustment, a little soreness means the braces are doing their job — here is how to stay comfortable and avoid setbacks.

Soreness after adjustments

- Teeth commonly feel tender for 2–4 days after braces are placed or tightened; softer foods and an over-the-counter anti-inflammatory (as labeled) help.
- If a bracket or wire rubs your cheek or lip, cover it with the orthodontic wax we provide until we can smooth it.

Foods to avoid — protect the hardware

- Avoid hard foods (ice, nuts, hard candy, popcorn kernels) and sticky foods (gum, caramel, taffy) that break brackets and bend wires.
- Cut firm foods like apples and corn off the cob into pieces rather than biting into them.

Keeping teeth clean around braces

- Brush after every meal and clean between the teeth daily using a floss threader or interdental brushes — braces trap food, and clean brackets prevent white scars on the enamel.

If something breaks

- Call (254) 442-2000 if a bracket comes loose or a wire pokes and wax won't hold it — small fixes keep your treatment on schedule.