

## **Congratulations for getting your braces!!**

Here's some information that we hope will be helpful now that you're on your way to the beautiful smile you deserve!

1. Your mouth will likely feel "weird" now for several days. That's because your lips, cheeks, and tongue need some time to get used to your braces. We have provided you with some wax just in case a portion of your braces or wires become pokey or irritating. If you run out of wax, please feel free to call our office and ask for some more.
2. Over the first several days, your teeth and mouth may feel sore, which is normal. You may also feel like eating foods that are softer for a few days, which is why we have provided you with a sampling of some braces-friendly foods. We hope you enjoy them! To help with any discomfort you may have, you may take over-the-counter medicines such as Tylenol or Ibuprofen **as directed on the bottle**.
3. Keeping your teeth clean is always important, but now it is even more important because having braces makes it a little bit more difficult to keep your teeth nice and clean. Please follow our instructions regarding how to brush and floss with braces on. We have provided you with some helpful instruments such as your electric toothbrush, floss threaders, and proxy brushes, so be sure to use them as much as possible!
4. If you have any questions or concerns, please feel free to call our office, even if it is after hours. Just follow the prompts for "an orthodontic emergency" (if there is an emergent issue) and if you leave a message, Dr. Bomeli will get it shortly and return your call if necessary as soon as possible.

Thank you and congratulations on getting your braces!

**Dr. Bomeli and the Solon Orthodontics Team**

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