

**Congratulations, you got your braces on!! So now you are worried about what to do if you feel some discomfort. Not to worry, we have a few suggestions to help you through your adjustment.**



Advil or Motrin will help alleviate some of the achiness you may be feeling in the first day or two. Please let an adult know and have them get you some!



A cold drink (yes, like a smoothie or milkshake) will provide some relief to your sore teeth and gums!



A salt water rinse (like everyone's grandma used to do) will ease a lot of discomfort for a poking wire or a rubbing bracket. Dissolve one teaspoon of salt in 8 ounces of warm water (as warm as you can tolerate) and swish and spit liberally! It will help keep the area clean, and less inflamed so it will not bother you as much!



Wax is great to get some relief from something poking or rubbing problems, also. Simply pinch a small piece of wax off, roll it in your fingers to warm it up and make it malleable, and then push (or smoosh) it into the bracket or end of the wire that is causing the pain.



New to the market is the Kanka-Soft brush made by Blistek. It's like the modern version of Anbesol (and far less unpleasant tasting) that allows you to directly apply the topical numbing product to the affected or sore area. You can find this product in your local pharmacies or Amazon. We strongly recommend a two pack if possible, so there is one for home and one for the school backpack!

Remember, a poking wire can happen quickly, and it may cause discomfort — if it does, please call us so we can get you in for a quick wire trim!

If you continue to experience problems, please call our office and let us know what is going on! We are here to help you and we would like this to treatment to be as comfortable as we can help make it!