

YOUR SMILE SCHEDULE

For Those With Braces

It's essential that you prioritize your oral hygiene when you have braces so that you are happy with your smile when they are removed. Here is a checklist and reminders to help you care for your smile. 😊

MORNING

After Breakfast

Or before you leave the house, trust us.

- ☐ Floss any debris out of your braces
- ☐ Brush your chompers. Don't forget to clean your tongue and the roof of your mouth!

**Skipped breakfast? That's no excuse to skip brushing!*

PRO TIP:

Pack a care kit with floss and a travel toothbrush to take with you during the day.

AFTERNOON

After Lunch

Quick mirror check, don't get caught with food in your teeth!

- ☐ Use the floss in your care kit to get out lunch debris (even if you can't see it).
- ☐ Brush your pearly whites, giving you the best post-lunch smile.

PRO TIP:

On-the-go without a brush or floss? At least try to rinse your mouth after you eat (including snacks)!

EVENING

After Dinner (and dessert)

Don't head into your dreams with a messy mouth.

- ☐ Floss between your teeth and braces.
- ☐ Brush your teeth so you go to bed refreshed.

FOODS TO AVOID

For the best results and to avoid needing repairs to your braces, avoid the following foods:

HARD FOODS Nuts, hard candy, ice cubes, hard-shell tacos, and hard pretzels.

CRUNCHY FOODS Popcorn, potato chips and hard crackers.

CHEWY FOODS Gum, toffee, gummy candies, caramel, jerky and licorice.

FORCEFUL BITING Corn-on-the-cob, carrots and apples.

Cut these up and you're good to go!

FOODS TO MINIMIZE

For the best results, enjoy these foods in moderation:

SUGARY FOODS/DRINKS

Soda, desserts and candy.

STAINING FOODS

Wine (21+), dark berries, coffee, curry and tomato sauces.

REMINDERS FOR YOU (or your parents)



Schedule dental cleanings twice a year – these professional cleanings are essential to your orthodontics care.



At your appointments, we provide supplies to help keep your braces bright and shiny and your smile white and healthy, use them!



Foster Orthodontics, PC
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