

WHAT HAVE YOU LEARNED ABOUT BRACES?

Please print, complete and bring with you to your next appointment and you will receive one \$1 Beach Buck for every correct answer. Good Luck! We can't wait to see you at your next visit to our office!

What to do if your teeth are sore after a visit?

1. take non-aspirin pain reliever
2. warm salt water rinses
3. warm washcloth or heating pad to the jaw
4. all of the above

What foods are too hard to eat with braces?

1. ice
2. jolly ranchers
3. nerds
4. all of the above

How often should you check for loose brackets or Bands?

1. once a week
2. once a month
3. daily
4. never

If your braces are irritating (hurting) your cheeks or lips, you should?

1. hop on one foot
2. go do your homework and stop whining (ha,ha)
3. place a small piece of wax on it
4. all of the above

What foods do you need to cut up with braces?

1. carrot cake
2. apples and carrots
3. apple sauce
4. all of the above

What do you do if you have a loose and poking wire?

1. try moving the wire away from the irritating area with a cotton swab or eraser
2. cover the end of the wire with a small piece of cotton or wax
3. cut it with nail clippers or scissors that have been washed or sterilized
4. all of the above

What sticky foods should you avoid?

1. starburst
2. caramels
3. sugar daddy
4. all of the above

How many Beach Bucks do you get for getting your teeth cleaned every six (6) months while in treatment?

1. one
2. three
3. five
4. twenty

How often should you brush with braces?

1. after every meal and snack
2. one time a day
3. two times a day
4. once a month

What do you do if a bracket comes loose from the tooth?

1. call the office to see if it needs to be replaced
2. if it is uncomfortable, you can cut the wire and slide the bracket off
3. if it happens over the weekend, call the office on the next business day to schedule an appointment
4. all of the above