

WHAT TO EXPECT WITH BRACES

Hey there, superstar! We're thrilled to be your trusted guide on this exciting journey to a fantastic smile with your new braces. **We've got some awesome tips lined up to make this braces adventure a breeze:**

1. Show some love to your teeth: Your brand new braces might need a little extra care, **so stick to soft and tender foods for the first few days.**

Indulge in mashed potatoes, soups, and smoothies – they're not only delicious but also easy on your braces. Plus, you can spice up your braces game with cool accessories like colorful elastics or even braces-friendly stickers!

2. Brush like a champ: Say hello to your new toothbrush pal. **Make sure to brush after every meal and before hitting the hay,** reaching all the nooks and crannies. And don't forget to give your brackets and wires some gentle attention too! They deserve to be sparkling clean, just like your smile.

3. Floss like a pro: Yup, flossing is still on the table, my friend! But fret not, we've got a couple of tricks up our sleeve.

Try using a floss threader or a water flosser to navigate around those braces with ease.

Remember, a little extra effort now will pay off with a dazzling smile later!

4. Embrace your unique style: Who says braces can't be a fashion statement? **Show off your personality with colorful elastics and bands.** Mix and match them with your outfits or go wild with funky combinations. Braces are the hottest accessory in town – own it and let your personality shine!

5. Snack smart, snack cool: Got a craving for snacks? We've got your back, folks! **Opt for braces-friendly treats like yogurt, soft fruits, cheese, and jello.** They're tasty, good for you, and won't cause any trouble with your fabulous new braces. Say goodbye to boring snacks and hello to a snacking revolution!

6. Steer clear of sticky situations: We hate to break it to you, but **chewy candies and sticky treats are a no-go for now.** But hey, it's a small sacrifice when you consider the stunning smile waiting for you at the finish line. Plus, think

about all the money you'll save on dental work!

7. Get ready for adjustments: **Your journey to an incredible smile includes periodic adjustments.** Brace yourself (pun intended) for a bit of discomfort, but don't worry, it's just a sign that your braces are doing their magic. Hang in there – the end result will be well worth it!

There you have it, superstar! With these tips, your braces experience will be a walk in the park. So go out there, rock those braces like a champion, and let the world see your amazing smile in progress. You've got this!