

Product: MG19432 BRACES

Product Size (H x W): 6" x 3.5"

Imprint Area: 1.25" x 3.25"

- Blue Dashed Lines indicate the bleed allowance.
- Orange Solid Lines indicate the die cut area.
- Yellow Dashed Lines indicate maximum imprint area for graphics and text that does not bleed.

## Rx: "TLC" for Braces



**BRUSHING & FLOSSING**  
Brush often and thoroughly using a soft brush and fluoride toothpaste.

**SOFT FOODS ARE BETTER**  
Eat foods such as soups, pastas, stews, chicken, meatloaf, etc. Soft foods do not cause damage to your wires and braces.

**BITE SIZE IS BETTER**  
Cut all foods into bite size pieces. Why? Less wear on braces and easier to chew.



**AVOID STICKY FOODS**  
Gum, caramels, taffy, jelly beans, toffee, etc.

**AVOID HARD AND CRUNCHY FOODS**  
Ice, popcorn, nuts, corn chips, jerky, hard candies, crusty bread, pretzels, carrots, etc.

**AVOID SUGARY FOODS**  
Soft drinks, candy, cookies, pies, cakes, etc.

**KEEP EVERYTHING EXCEPT FOOD OUT OF YOUR MOUTH!**

**SOLVING PROBLEMS "BEFORE YOU PANIC"**



**LOOSE BAND OR BRACKET** If intact, leave in place and use wax to avoid soreness. If not intact, save all parts for the doctor.



**LOOSE WIRES** Try to nudge back in place with a blunt object. If wire is poking, try to bend with sturdy object such as a spoon or eraser. Cover with wax to avoid soreness and call the office.



**LOST TIE WIRE OR ELASTIC** This can be carried over until the next appointment.



**GENERAL DISCOMFORT OR SORENESS** Use warm salt water as a rinse and Tylenol for pain.



**IF PAIN OR DISCOMFORT PERSISTS, CALL US AS SOON AS POSSIBLE**