



# Brace yourself for adult orthodontics

One in three people who have braces are adults.



If you have any of the following dental problems, you may be a likely candidate for braces.

- Crowded or crooked teeth
- Misaligned or teeth that protrude
- Poor bite or wide spaces between teeth

It takes about two years on average for braces to realign teeth. In the meantime, you can avoid damage to the braces and decrease the risk of tooth decay and gum disease by practicing the following:

- Don't chew gum.
- Don't eat nuts or sticky candy or bite down hard on candy or ice.
- Don't bite into whole apples, pears, or other crunchy fruit. Instead, cut them into bite-size pieces. Don't eat corn from the cob.
- After eating, brush your teeth with a fluoride toothpaste. Follow your orthodontist's instructions for flossing or using a water irrigation tool.
- To guard against decay, rinse your mouth daily with a fluoride mouthwash.
- If sores develop in your mouth, or if your gums become red or swollen or bleed easily, contact your orthodontist for advice.
- If a wire from the braces becomes loose, see your orthodontist to repair it.