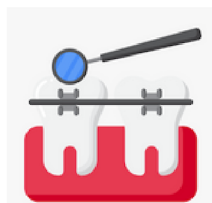




POST-TREATMENT INSTRUCTIONS FOR BRACES (ORTHODONTICS)

- **Maintain Good Oral Hygiene:** Keep brushing and flossing your teeth regularly, making sure to clean around braces, wires, and other orthodontic gear. Doing this well helps prevent cavities, gum issues, and those chalky spots on your teeth.
- **Follow Dietary Restrictions:** Avoid hard, sticky, or crunchy foods that could mess up your braces or wires, like hard candies, popcorn, and gum. Stick to softer foods and chop up harder stuff into smaller bites.
- **Use Orthodontic Wax:** If your braces or wires are poking or rubbing against your cheeks or gums and causing discomfort, put some orthodontic wax on those spots for a quick fix.
- **Attend Follow-Up Appointments:** Don't miss any of your follow-up appointments with your orthodontist. These visits are important for adjusting your braces and making sure everything's going according to plan.
- **Manage Discomfort:** After your braces get adjusted, you might feel a bit sore. Taking the prescribed pain medication can help, or rinsing with warm salt water can soothe things too.
- **Avoid Playing with Appliances:** Don't fiddle with your braces or wires – it could mess them up. And don't chew on things like pens or pencils that could damage them.
- **Protect Your Mouth During Physical Activities:** If you're into sports where you might get hit in the mouth, inform your dentist to and get a customised mouth guard to shield your teeth and gums from harm.
- **Follow Orthodontist's Instructions:** Listen carefully to what your orthodontist tells you to do. If you're unsure about anything or need help, just ask – they're there to support you through your treatment.
- **Wear Retainers as Directed:** You will be given retainers to wear after your braces come off, wear them like your orthodontist tells you to. This helps keep your teeth straight and stops them from going back to how they were.



VISIT YOUR DENTIST EVERY 6 MONTHS FOR A HEALTHY SMILE & A HEALTHY LIFE

