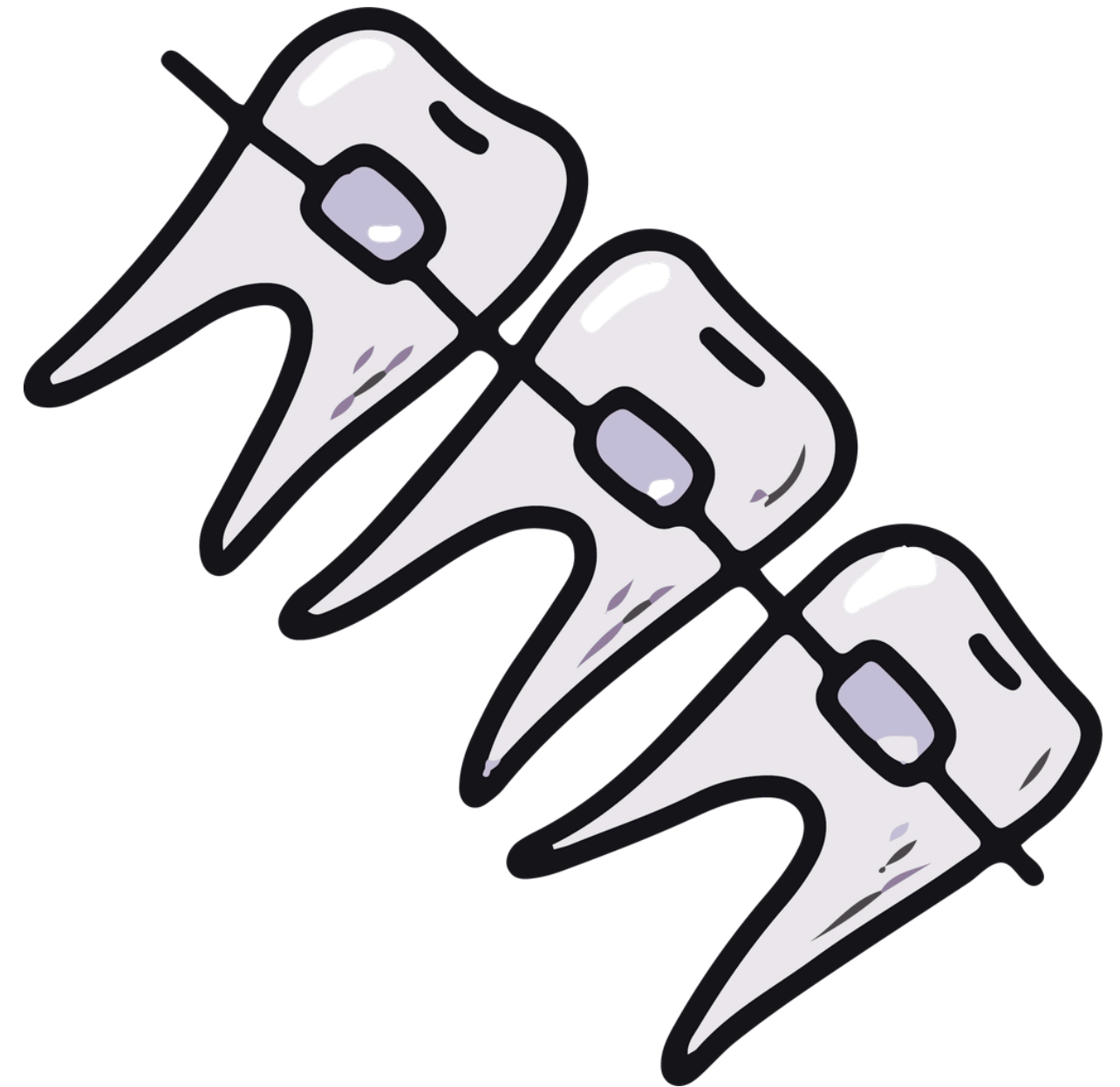


fixed BRACES Presentation

Patient Instructions for Fixed Braces



Welcome to your orthodontic treatment journey.

Proper care of your braces is essential for achieving the best possible results

Oral Hygiene

Excellent oral hygiene is of utmost importance in an orthodontic treatment

Please ensure that you regularly:

- Brush your teeth regularly after meals
- Clean around brackets and wires carefully and frequently.
- Use mouthwash or interdental brushes as advised.



Poor oral hygiene can lead to:

- Cavities and gum swelling.
- Staining around brackets.
- Delay in treatment and procedures.

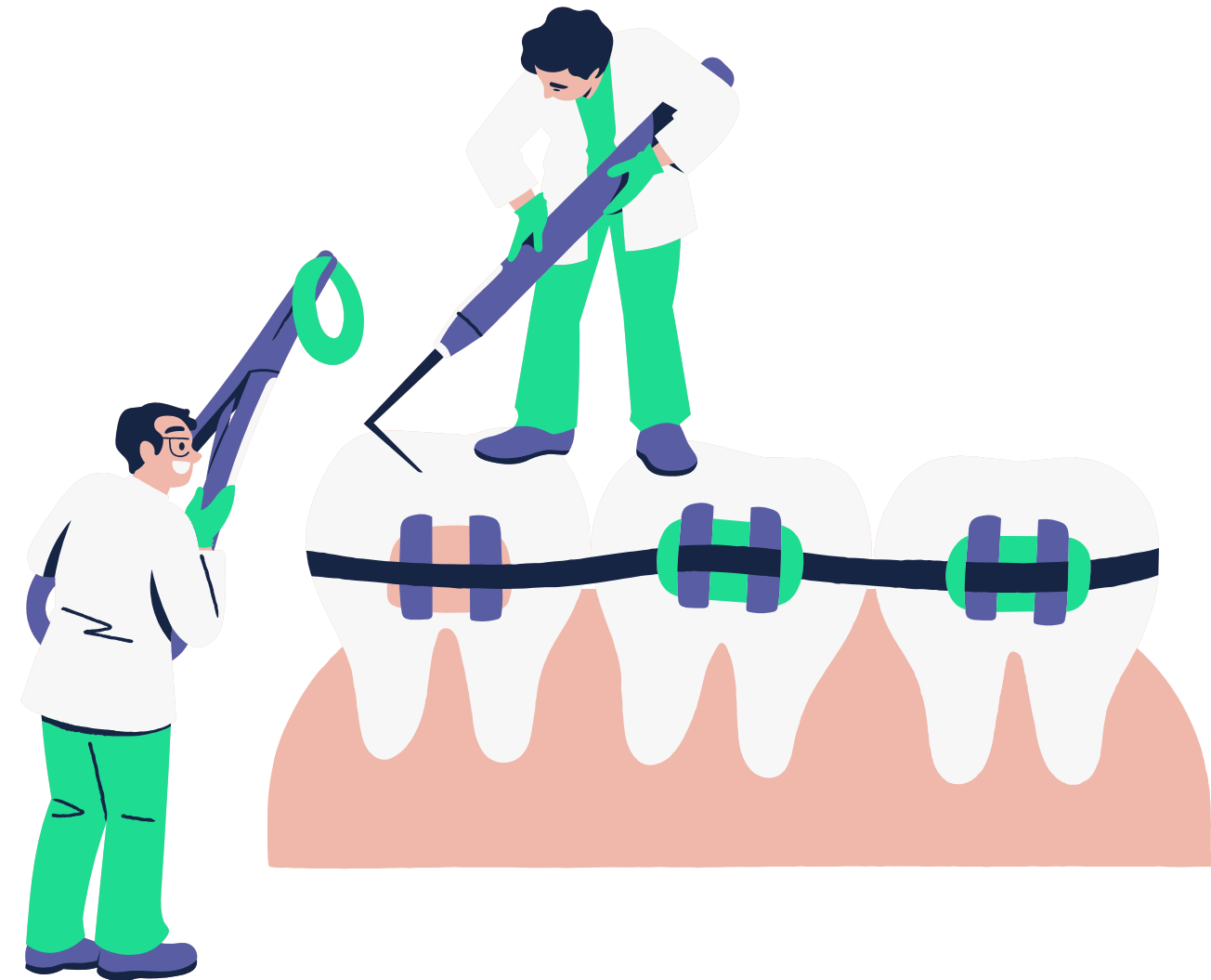
Initial Discomfort

It is normal for your teeth to feel sore for the first 2–3 days after braces are placed or adjusted.

During this time, make sure you...

- Eat soft foods
- Completely avoid hard and crunchy foods
- Use medications prescribed (only if required).

The discomfort lasts only for usually a few days.



Food Items to **Strictly Avoid**

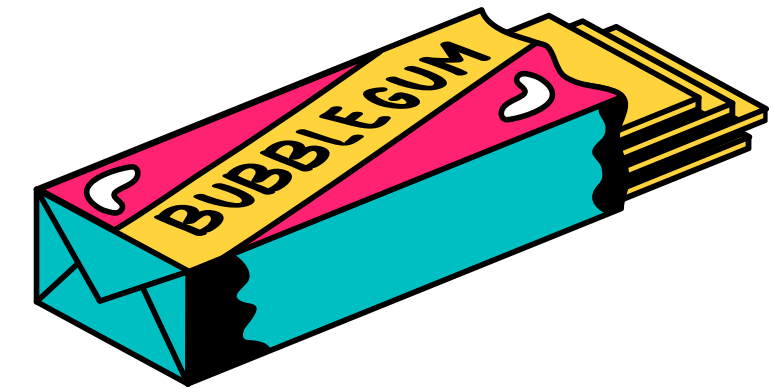
Sticky Candies



Hard Chocolates and Nuts



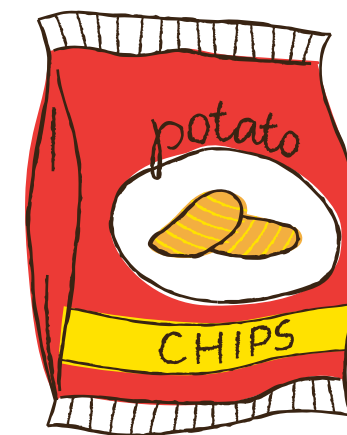
Bubble-Gums



Sweet Corn and Pop Corn



Hard Chips



Coconut



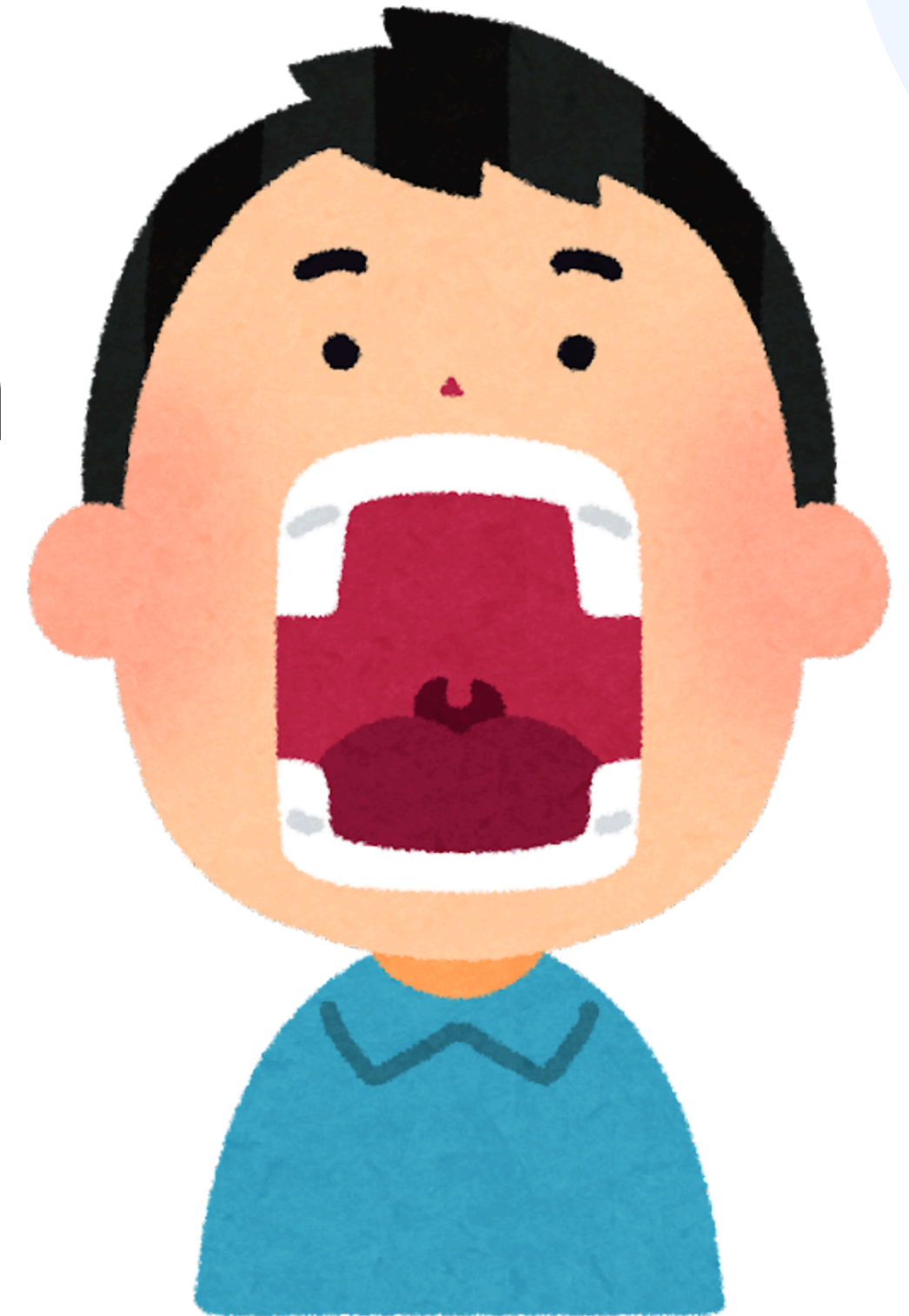
Before eating anything that you think is hard or crunchy please contact your orthodontist

Lip and Cheek Irritation

Brackets may occasionally rub against your lips or cheeks, causing slight discomfort.

If irritation occurs;

- Apply orthodontic wax over the irritated area.
- Reapply it until the area adjusts.
- Contact the doctor if help is needed.



Broken Brackets or Wires

Improper management can sometimes cause the brackets or wires to break. If it happens, do not worry we have got you covered.

If:

- A bracket or band becomes loose.
- A wire breaks or pokes.
- An elastic comes off.

Please contact the doctor immediately and schedule an appointment.

Please do not try to fix the appliance yourself, it might worsen the scenario.



Treatment Cooperation

Your braces must remain in place for the recommended treatment period advised by your orthodontist.

Good cooperation helps:

- Achieve better results
- Reduce treatment delays
- Avoid unnecessary additional visits
- Poor cooperation and carelessness may increase treatment costs as well.

Let us work together to achieve the best smile possible.



Monthly Appointments

Regular checkups are essential.

During these visits:

- Wires may be adjusted or replaced
- Braces will be checked
- Oral hygiene will be reviewed



/// Dr Anuradha Orthodontist



Thank You.

for more information visit
www.dranuradhaorthodontist.in

