

POST TREATMENT CARE



# Orthodontic Braces



In The U.S. Call (928) 257 1307 TOLL FREE (855) 7264-337



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# Aftercare Instructions for Orthodontic Braces

## Initial Discomfort:

You may experience some discomfort for a few days after placement or adjustment of your fixed braces. In such a situation any normal painkillers taken for a headache may be used to relieve the symptoms. Your cheeks will soon become used to the new braces but until then, your speech may be slightly affected. Rest assured that this will only last a few days.

## Chewing and eating:

Avoid sticky foods, such as chewing gum, which can become embedded into the appliances. You must limit your intake of sugary foods and fizzy drinks. Excessive consumption may likely lead to damage of the enamel on your teeth creating bacteria and decay.

## Brushing and hygiene:

To reduce your risk of enamel decay, you should use a toothpaste or a mouthwash that contains fluoride. Ideally brush three times a day and carry a toothbrush with you, which can be used after every meal.

## When to call:

During your treatment a component of your fixed braces may break. This may be due to consumption of certain foods or purely as a result of movement of your teeth. If you experience any discomfort from your braces, please call us to make an appointment. If you are due to attend for adjustments soon, you can wait until the day of your appointment.

## Notes:

At certain stages during your treatment you may be asked to wear elastic bands between your upper and lower braces. These remain inside your mouth and should be worn all the time.

Remember it is of utter importance to assist to your visits; this will speed your treatment and give you the ideal results. This treatment usually lasts from 18 to 24 months, with visits to the orthodontist required every four to six weeks. Orthodontics usually work very well, but it's important to look after your teeth while you're wearing braces.