

Care advice after installation of **Braces and/or orthodontic appliances**

Feeding:

- Eat only soft foods the first days of your treatment.
- Avoid eating hard, fibrous or sticky food (gum, hard bread, tostadas and hard fruits or vegetables).
- Avoid food with high sugar content.

Hygiene:

- Brush teeth after every meal including tongue and palate.
- Use special orthodontic brush, interproximal brush and floss.
- Brush teeth around brackets, brush tongue and palate and around gums.

Habits:

- Avoid biting pencils and pens.
- Avoid opening bottles with teeth.
- Avoid cutting things or open with teeth.

Dental wax:

- It is possible to have discomfort around cheeks and lips at the beginning of your treatment, for this reason we will provide you with dental wax to place on top of brackets and/or wires in area of discomfort. Wax must be removed each time before eating meals.



IF YOU FEEL ANY PAIN OR HAVE ANY QUESTIONS REGARDING YOUR TREATMENT, PLEASE CONTACT US AT:

MX 664.634.6307/US 619.730.3130 Online Appointments | **dentalhctijuana.com**