Please read carefully!

Congratulations! During today's visit you had a fixed orthodontic appliance fitted.

How quickly you reach the end of your treatment depends mostly on you.



How to look after your braces?

The first days after the braces are fitted are the hardest. To make it easier to adjust, we recommend:

- in the first 2–3 days your teeth may feel tight or even sore. The pain is mild and normal. If it is stronger, you can take a mild anti-inflammatory (Nurofen, Algocalmin, Ketonal). CAUTION! NEVER TAKE MORE THAN THE RECOMMENDED DAILY DOSE!
- eat soft foods.
- put the protective wax on every part of the braces that rubs your lips, cheeks or tongue. Press the wax in firmly so it fills the space around the brackets; it comes off at the first meal or brushing.

Diet

You don't need a special diet, but with fixed braces you need to be more careful with some foods.

Try to avoid hard or sticky foods that can damage the braces: toffee, peanuts, pistachios, popcorn, roasted corn, pretzels, bread crust, hard fruit and vegetables (eat them, but cut into small pieces and chewed with the back teeth). Also, don't chew gum.

Emergencies during orthodontic treatment are very rare. Occasionally you may have:

- a loose bracket, which usually happens when the advice on food isn't followed. It is only an emergency if it causes pain or discomfort.
- the end of a metal ligature is usually tucked under the wire. If it moves while you brush and irritates your cheek, try to push it back with tweezers or a toothpick. If it still bothers you, contact us right away!

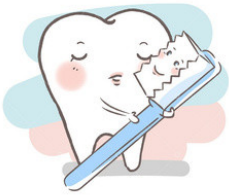


At some stages of treatment you may be asked to wear elastics: follow the instructions on how to put them on and how many hours a day to wear them. Don't eat with the elastics on.

Hygiene tips for fixed braces

The often spectacular results of orthodontic treatment can be spoiled by poor hygiene while you wear the brackets.

- brushing is very important and must be done correctly and thoroughly (at least 5 minutes)
- use a toothbrush with medium bristles.
- use interdental brushes for the hard-to-reach areas (the tooth surfaces under the wire).



Follow the instructions on caring for your braces and try to make them a routine quickly.

If they aren't followed, treatment takes longer and costs more.

No good, lasting result comes without effort!