

## ORTHO AFTER CARE

### Now that you have your braces, how do you take care of them?

You have finally started your orthodontic treatment! Now you need to know how to take care of them to make the duration of your treatment easy and comfortable as possible. If you follow all of our instructions, we assure you, that you will be able to get through this whole process faster with a smile on your face!

First of all when you get your braces, you may feel that your mouth is sore and your teeth may be tender. If you use salt warm water to rinse your mouth, 90% of the time you will be able to get rid of the pain. If your cheek, tongue or lips feel funny and are tough or irritated, you can use the wax that we provide you to make it feel normal again!

Make sure you do not eat hard foods for the first 3-4 days. Eat soft food such as soup, broth and mashed food. In order to complete this treatment as painless and efficiently as possible, you must consistently wear braces or any other appliance prescribed by Dr. Nalini Sutharsan. If you do not wear the prescribed appliances as she instructs, your treatment time will lengthen.

### Foods that you MUST NOT eat while you are wearing braces!

- Do NOT eat crunchy and hard foods, such as bagels, hard rolls, liquorice, very hard nuts and popcorn
- Do NOT chew on ice!
- Do NOT chew any type of gum!
- Do NOT eat sticky, chewy or hard candy. For example: toffee, hard caramel candies, jolly rangers, gummy bears, skittles, Oh Henry, etc.
- Do NOT chew or bite on your nails, pens or pencil.

If the above listed food is eaten, it may cause breakage to your braces or appliance. This means more frequent visits to our office and your treatment will be lengthened.

### One of the main things that determine a good orthodontic result is BRUSHING and FLOSSING!

It is very important to brush and floss regularly. However, do you know it is even more important to brush and floss while you are wearing braces? You do not want any unpleasant surprises (cavities) once you take off the braces. To make sure of this, you have to keep your gums and teeth clean and healthy by flossing, brushing and rinsing your teeth between each meal and before bedtime. Please avoid drinks that may cause cavities, such as soda (pop), sports drinks and other sugary drinks. You do not want to deal with cavities while you are having your braces treatment. You must also have a professional dental cleaning once every 4 months or as the dentist advises. Again you need to keep your teeth very clean if you want to have good results after you remove your braces.

### Are you involved in sports?

Make sure to inform Dr. Nalini Sutharsan before you start your orthodontic treatment. You may have to wear a Mouthguard while playing sports in order to protect your mouth. If you do get injured in the face, check your mouth appliance to make sure nothing is broken. If anything is damaged, please call our office right away to schedule an appointment.

It is very important that you follow all the instruction given by Dr. Nalini Sutharsan.

### If the wire or band becomes loose, don't panic!

It is common for the wire or band to become loose. Make sure to call us to set up an appointment to fix this issue.

If you have any further questions you can contact our office.