

# Post-Operative Instructions

## BRACES

### General Instructions

Your appliance is fixed to your teeth and cannot be removed until the end of treatment. Some discomfort may occur during the first few days

### Do's

- Special attention must be paid to oral hygiene as your fixed appliance will make it more difficult for you to keep your teeth and gums clean.
- If your appliance is causing persistent discomfort or becomes damaged or loose, call us for an appointment. If there is any sharp, projecting part of braces, cover it with orthodontic relief wax or wet cotton pellet.
- **BRING ANY LOOSE BANDS AND ANY BROKEN PIECES**
- You must continue to have **ROUTINE DENTAL INSPECTIONS** throughout your orthodontic treatment. If it becomes essential to change your next appointment, please let us know as soon as possible. Frequent delays make a good result unlikely.

### Caring for your Braces

- **Brush your teeth and braces**, at least three times a day (and always after eating)
- **Clean between your teeth** at least once daily (and always just before you go to bed).
- **Use quality toothpaste** Toothpastes containing fluoride have been proven to help prevent cavities.
- **Use a fluoride mouthwash** to help reduce the risk of cavities.
- **Floss regularly** and thoroughly

### Don'ts

- Avoid sugary snacks (candy, ice cream, cookies, soda pop, etc.) that can damage your braces and increase your risk for cavities. Sticky foods should especially be avoided.
  - **Don't chew gum**, even sugarless gum
  - **Do not smoke or chew tobacco**
  - In case of pain, Please take one pain reliever like IMOL or CROCIN.
- In case of Ulceration, please apply DOLOGEL or DENTOGEL ointment.

## Post-Operative Instructions

- Rinse with fluoride before bed. Swish the fluoride rinse vigorously in your mouth for at least one minute. Do not swallow any of the rinse and do not eat or drink anything for 30 minutes.

### Don'ts

- Be careful about chewing toffees, gum, grainy rolls and tough food in this area. Avoid biting into any hard food if you have implants for the front teeth.

**See your dentist for regular professional check-ups and cleanings**