

## **POST-OP CARE FOR YOUR BRACES**

Follow these recommendations to maximize your orthodontic treatment:

### **1-Brush and floss your teeth**

Healthy teeth respond best to consistent oral hygiene. Maintain the quality of your braces along with your teeth helps assure the best outcomes.

### **2-Keep your appointments and follow directions**

Your orthodontic success involves routine progress checks. Adjustments and observation can keep you on-track and eliminate an extended treatment period.

### **3-Be patient**

Treatment times vary. Your teeth will adjust at their own pace and according to the recommended course of treatment prescribed for you.

### **About your spacers**

Your spacers are intended to create space in the appropriate location. You will eventually have the appropriate number of bands around your back teeth.

An over-the-counter pain reliever (Panadol, Ibuprofen etc) will help with any discomfort you feel when wearing spacers.

### **About your rubber bands/elastics**

Wear any bands that are recommended. This helps keep you on schedule with your orthodontic treatment.

### **About your braces**

Consult the information provided you about your specific type of braces (Diagrams, images, etc.). Get to know the various parts and be aware of any problems you have with a particular area of your braces.

### **About your braces and eating**

Expect an adjustment period when eating during your braces treatment. Be patient with food choices (necessary soft foods) for the first days of treatment.

Avoid the following during braces treatment:

- ☒ Gum of any kind (even sugarless)
- ☒ Sticky, chewy, and hard candies.
- ☒ Hard foods including nuts, some chips
- ☒ Corn on the cob (remove it from the cob)
- ☒ Pure, non-diluted lemon juice (no raw lemons)
- ☒ Chewing on ice

***Follow these instructions to assure the best results during your braces treatment.***