



# IDEAL DENTAL

ORTHODONTICS  
AFTERCARE

## INITIAL DISCOMFORT

You may experience **some discomfort** for a few days after placement or adjustment of your fixed brace. In such a situation any normal painkillers taken for a headache may be used to relieve the symptoms.

After initially fitting you fixed brace you may feel that it is rubbing a little into your cheeks. **Your cheeks will soon become used to the new brace** but until then place small pieces of orthodontic wax over the attachments. This will be demonstrated to you.

**Speech may be slightly affected** but be assured that this only lasts a few days.

## EATING

You must avoid **sticky foods**, such as chewing gum and toffee, which can become embedded into the appliance and lead to it detachment.

You must **limit your intake of sugary** foods and fizzy drinks. Excessive consumption may likely to lead to damage of the enamel on your teeth.

Avoid hard foods such as boiled sweets which can break the brace. Other foods such as **crunchy apples and crusty breads** should be cut up before eating. Otherwise you can eat normally.



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## *Food to avoid*

Chewy foods: bagels, hard rolls, liquorice

Crunchy foods: popcorn, ice, chips

Sticky foods: caramels, gum

Hard foods: nuts, candy

Foods you have to bite into: corn on the cob, apples, carrots

Chewing on hard things (for example, pens, pencils or fingernails) can damage the braces. Damaged braces will cause treatment to take longer

## **Tooth brushing**

It is important you brush well, three times per day and use fluoride toothpaste. Brushing may take a little longer when you have a fixed brace, if possible carry a brush with you for use after lunch.

Pay particular attention to the area where your gums meet the teeth. A daily fluoride mouth rinse should also be used last thing at night, after tooth brushing. Failure to keep your teeth and brace clean will lead to permanent scarring of your teeth, these white or brown marks on your teeth cannot be removed. Avoiding sugary food will help too!



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## Sport

It is recommended you wear a mouth guard for most kinds of sport but especially for contact and ball sports.. This will also be the case if you enjoy riding a bicycle, roller-skating or skateboarding. Mouth guards especially designed for people wearing fixed braces are available from the clinic. If you play a wind instrument, particularly the flute or a brass instrument, then a fixed brace may make it more difficult. You will need to discuss this with your music teacher and your orthodontist.

If you have any doubt do not hesitate to call us

Emergency to the phones. 011-52- 55-57- 89-71- 90 / 011-52-35-44- 01-79

Whatsapp 011-521- 55 13 93 63 22 [idealdental01@gmail.com](mailto:idealdental01@gmail.com)