

Vasupujya Dental

ORTHODONTIC INSTRUCTIONS

- Never touch these attachments with fingers, tongue, pencils, pen etc.
- Never try to bite anything with the front teeth, even the softest food materials.
- Never bite any hard food like toffee, chocolates, ice, chips, biscuits, toast, all sorts of nuts (Gram, Peanuts, Cashew, and Almond). It is difficult to mention the name of all hard foods which can break brackets, it is the responsibility of the child to judge, and keep the appliance in its best form. Sticky foods including chewing gum, toffees and caramels should be avoided.
- It is important to maintain healthy teeth and gums with braces. Brushing properly and after meal will help prevent staining, cavities and bleeding from gums.
- Discomfort is usually only felt in the beginning of treatment or after major adjustments. Sometimes there may be small sore spots or ulcers on the lips and cheeks. Pain killers and pain rel