

Post Operative Instructions for Braces

At Dantkriti Dental Clinic in Gurgaon. We try our best to keep our patients happy during their orthodontic (Braces) treatment.

1. **Brush and Floss!** It is important to brush and floss daily and to maintain oral hygiene. To assure the best treatment outcome it is necessary to keep teeth and gums healthy and maintain the quality of braces.
2. **Keep Your Appointments!** missing a lot of appointments means You will be in braces longer than you have to be and treatment duration will be prolonged.
3. **Be Patient!** All treatment duration that we have talked about are only Estimates as everyone's teeth move at a different pace. Your teeth will "look done" and seems they are perfectly aligned to you long before they really are. The visible crown part of the tooth moves faster than the root. If you ask to remove the braces before the root has moved, the chances of relapse are high as the tooth will shift back to its initial position where the root wants it.
4. **Retainers:** Sometimes after the treatment is done orthodontist recommends the patient to wear retainers which could be either removable or fixed for a certain duration to avoid relapse and allow teeth fibers to adjust according to their new position.

FOOD & DIET WITH BRACES

- ❖ There might be some difficulty in eating for a few days, but soon you will get adjusted to your braces.
- ❖ Initially have some soft food for the day you get your braces like soup, yogurt, curd rice, mashed potatoes, macaroni, etc.

THINGS YOU MUST AVOID WITH BRACES!

1. Chewing Gum of any kind of sticky, chewy, and hard food like nuts, éclairs, taco chips, and Outer edges of the pizza.
2. Non-diluted lemon juice, aerated drinks like Cola, Pepsi. These can dissolve away the enamel on the surface of your tooth.
3. Chewing on ice should be avoided



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