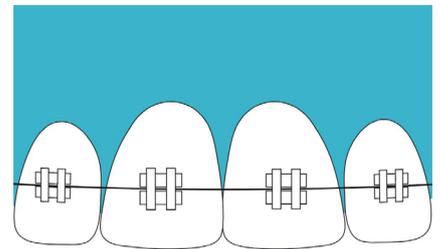




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INSTRUCTIONS

DIET:

- Do not eat anything for TWO HOURS after the fitting of the Orthodontic Appliance.
- After two hours have something soft and cold for the day.
- Next day onwards have your routine diet like Rice, Chapati, Vegetables, Bread, Ice creams, Milkshakes, Juices and Soups.
- Avoid STICKY & HARD things throughout the treatment as those may damage the Orthodontic Appliance and may unnecessarily complicate and lengthen the treatment.
- Hence, avoid Sugarcane, Corn, Chikki, Chocolates, Chewing gum, Toast, Coconut, Nuts, Biscuits, Pizza, Burgers, Whole Fruits, Laddus, Bhel-puri, Paani-puri

BRUSHING:

- Do not brush on the day when Orthodontic Appliance is fixed.
- After that you have to brush once in the mornings and once in the night with a toothbrush and toothpaste using circular and up-down movements. Use an interdental brush during nighttime for proper cleaning such as **Colgate Interdental Brush / Proxa Brush etc.**
- Every time after you eat anything gargle vigorously with water and whenever possible run the toothbrush all over so that no food particles stick around the brackets and the wires.
- If proper oral hygiene is not maintained, it may result in decaying of teeth around the brackets and severe gum problems like bleeding gums, recession of gum margin etc.

APPLIANCE CARE:

- Do not touch the appliance with your fingers, pen, pencils or any object.
- Do not press any tooth even if it is little painful, this may lead to unnecessary mobility and loosening of the tooth.
- Unfortunately, if any part of the braces or wires comes out, preserve it and contact the clinic immediately for an emergency appointment.
- There will be some ulceration on the inner part of your lips and cheeks because of the wires and brackets. Apply some analgesic and antiseptic gel three times a day like **Dologel CT / Mucopain / Hexigel etc.**
- There also will be some pain and discomfort in the teeth because of the pressure on them. You can take any of the **painkillers** with which you are used to. Take the medicine only if the pain is intolerable.
- In case of any emergency/query please feel free to contact our clinic at any time

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Take care!!!