



HOW TO USE YOUR BRACES

After adjustment of braces, you can feel the pain. To relieve the pain, you can take painkillers (if you decide to use painkillers follow the instructions on the package).

1. If you have braces it is necessary to brush your teeth regularly. We recommend brushing your teeth twice a day for at least 3 minutes using the manual toothbrush with small head and medium hardness. It is recommended to change toothbrush every two, three months.
2. Brushing not only teeth but also gums is very important. We recommend using interdental toothbrush by TePe brand. Please, pay special attention whilst cleaning places under the wires and between the brackets (metal squares). Through all treatment period but especially during the first few weeks it is recommended to use plaque disclosing tablets which will show you how thoroughly you have brushed your teeth.
3. Use mouthwash after brushing teeth. We recommend mouthwashes with fluoride like Colgate FLUOROGUARD. Rinse mouth thoroughly for 1 minute then spit out. Directly after rinse you should avoid eating and drinking.
4. Minimize eating sweets between meals, because consuming too much sugar may result in your teeth destruction or discolorations. Reduce consuming fizzy drinks and juices as well.
5. Avoid foods that are hard to bite, sticky or chewy (e.g. carrots, apples, chewing gums, nuts etc.). They can damage your braces thus lengthening the treatment period. Do not bite your nails, don't keep a pen in your mouth and don't play with you braces.
6. If you feel that your braces are causing abrasions in some part of your mouth use the wax. Put the wax on dry surface, roll it up in your fingers to form a little ball and place this ball around a bracket or wire which have caused an abrasion.

7. Slight discomfort is completely normal during the first few weeks of using braces. After some time, you will get used to it and you will not feel it anymore.
8. If wires are too long or sticking out of the band - call and make an appointment in order to shorten the wire or to change its place. If the bracket separates from the tooth, try to keep this bracket and make an appointment with doctor in order to fix it.