



## **Post-Operative Instructions: Orthodontic Treatment**

Thank you very much for choosing 360 Family Dental as your oral health provider. If you have questions, please do not hesitate to contact us at (630) 689-2233.

Congratulations for starting orthodontic treatment and starting the process of making your teeth straighter, more aligned and having a better smile!

### **After the Initial Bonding Appointment**

After the first appointment of bonding the brackets and bands on your teeth, every patient normally feels some pressure on the teeth and uncomfortable. You can also take small dosage of over-the-counter pain medications, such as Advil (ibuprofen) or Tylenol (Acetaminophen) to help your manage the pain. During the first few days, you may need to eat soft food, such as soup, yogurt and mashed potatoes.

In a few days, your teeth and soft tissues will become used to the braces and the uncomfortable feelings will go away. Our dentist will give you some waxes and teach you how to apply them on the braces if you feel the brackets or the wires are hurting your lips or cheek.

### **Oral Hygiene Care**

It is very important for you to keep good oral hygiene. If a patient can't keep good oral hygiene during braces treatment, the patient's teeth may develop white spots (decalcification) or even cavities. We suggest that you brush after each meal and floss at least once a day. If possible, brush after every time you eat snacks or at least rinse with a lot of water. Because of the wires between the brackets of your teeth, regular floss will not be able to floss down the teeth to the gum level. You will need to use a floss threader, a proxabrush (inter-dental toothbrush) or a

waterpik. We recommend you to use a waterpik to clean between your teeth because it is easier to use and clean between your teeth well.

### **Food Restrictions**

It is very important to avoid eating hard food, such as a bone, chips or nuts, and sticky food, such as gum, throughout the treatment. You should also avoid biting into certain food that may pull the brackets and wires away from the teeth. For example, you should avoid biting into apples. You can cut the apple into pieces to eat.

The following is an example list of the food or things that you must avoid eating or chewing during braces treatment:

**Ice, pencil, nuts, chips, bagels, hard chocolate, gums, candy, gummy bears, chips, lemon juice and so on.**

If you have any questions regarding your orthodontic treatment, please feel free to call us at (630) 689-2233.

**360 Family Dental**

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