

## Congratulations on having your braces !!

From now on you will need to be meticulous with the care and cleaning of your braces to ensure your treatment progresses quickly and smoothly.

You may have some tenderness after your appointment for the next few days. A mild analgesic such as paracetamol will help to relieve any discomfort.

We also recommend a softer diet for the first few days, just while you are getting used to the braces.

### Do Eat :

- Soft Fruits – Fruits like apple, guava etc should be cut into slices
- Vegetables – Steam them to soften.
- Dairy Products – Yogurt and dry cheese are good alternatives to tough meat
- Soft Meats – Boneless chicken seafood is preferred

- Deserts – Chocolates like Cadbury silk and ice cream
  - Soft Grains – Cooked pasta, cooked rice.
  - Soft Breads – Tortillas, soft biscuits, muffins, pancakes
- Eggs – Another good alternative

**Don't Eat:** It only takes one bad bite to damage your braces and compromise your orthodontic treatment. As much as possible, avoid the foods listed below. And when you do eat them, do so with caution.

- Hard Foods – This includes everything from hard breads like pizza crust, to nuts, to vegetables like raw carrots. Since they require so much force to bite through, they can damage your wires and brackets ( Even burgers )
- Badams and almonds to be powdered or soaked
- Sticky Foods – Generally you should just avoid candy, especially candy that is especially chewy, crunchy, or sugary. Gum is in-

cluded.

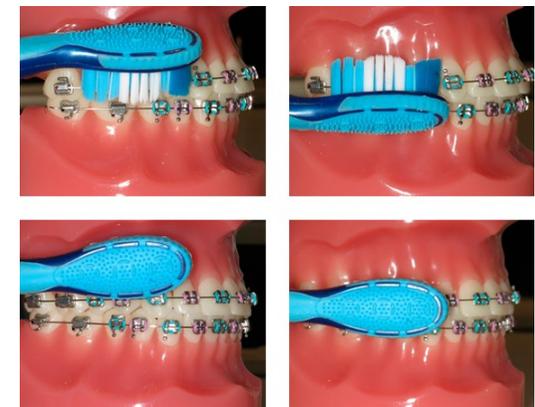
- Inedible – Many people unconsciously chew on pens or bite their fingernails, both of which can damage braces.

- Popcorns to avoid

Ice – This is probably the most common culprit when it comes to damaged braces.

### Oral Hygiene :

Brushing is more important than ever. Be sure to concentrate on the area between the braces and the gums. This is where plaque collects and builds up, causing bleeding of the gums



and areas of decay.

Place your brush and scrub horizontally above and below the braces, angling the bristles up and down to ensure you get right in beneath the wires.

Use of floss twice a day is recommended. Thread the floss under the wire, pull between the teeth, and move up and down to clean hard to reach areas.

Brush your teeth for 3-5 minutes after each main meal and a quick brush after every snack. This means taking your tooth brush to work or school and dry brushing after lunch.

**Ulcers** ∴ Should you suffer from any mouth ulcers or have any sharp bits digging into lips or cheeks, use the wax provided. Dry the area and break off a small piece of wax and roll between your fingers until warm, then mould the wax around the sharp edge.

## We love referrals

The greatest compliment you could give, is to refer us to your family and friends. It is a vote of confidence in the quality of our service and we appreciate it. As a token of our appreciation ,

we would like to offer you and your referred friend, a **reduction of Rupees Three Thousand each on your braces treatment.**

Smilekraft Cosmetic

475 , eighty feet road  
koramangala 6th block  
Bangalore 560095  
www.smilekraftDC.in

Phone: 080 41162888

E-mail:smilekraftbangalore@gmail.com  
info@smilekraftdc.in

## How to care for your teeth



Smilekraft Cosmetic

