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Prosthodontist

Awarded **BEST ORTHODONTIST IN BANGALORE**

Oral Implantologist (Frankfurt Univ)

National Dental Excellence Awards, 2014

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### INSTRUCTIONS FOR ORTHODONTIC PATIENTS

**DIET** - In general, avoid anything very hard or sticky! These foods may loosen bands or break off brackets from the teeth causing damage and delay in your treatment. Cut your foods into small pieces and chew slowly and carefully to avoid breaking, bending or loosening your appliances (braces). Almost anything can be eaten as long as it is cut into small pieces and eaten slowly with care.

- Specifically, avoid eating the following: Chewing gum, candy, apples, toffee, peanut brittle (chikki), hard candies, gummy bears.
- Also avoid biting: Hard cookies, hard rolls, nuts, and pizza crust.
- Don't even think about chewing on: ice, pens or pencils and bone.

You can still enjoy most food, if you are just careful: apples, pears, raw carrots, celery, corn on the cob, crusty bread sandwiches, bagels and meat on a bone can be cut up in small pieces or strips and eaten on your back teeth. Pizza is okay. Just use your knife and fork instead of your front teeth!

**ORAL HYGIENE** - Careful tooth brushing is of critical importance. Braces trap food, bacteria and plaque that can cause tooth decay, gum disease, and leave white marks (decalcification) and cavities, which will never come off the teeth! Brush after every meal and before bedtime. Pay special attention to the gum line and the area between the braces and gums. Keep your braces and teeth sparkling clean! A fluoride mouth rinse (provided in your kit) is highly recommended (colgate phosflor or

amflor). Use the interdental brush (provided in the kit) to remove any food stuck between the braces.

**WAX** - If the bands scratch your lips, gums, cheeks or tongue, place a small piece of wax (provided in your kit) over the sharp spot after drying off the area with a tissue. Usually such irritations disappear after a few days. You can also use a small piece of wet tissue instead of wax.

**DISCOMFORT** – Your teeth might feel a little sore during the initial few days as the braces begin to work on moving your teeth. In general, rinsing with warm salt water can relieve soreness of the mouth: (one teaspoon of salt in a half glass of very warm water). Rinse for 60 seconds, then spit out. Rinse few times a day for best results. If pain persists, use an over the counter pain killer. Do not use the pain killer for more than 3 to 5 days.

You may develop ulcers or bruises in the initial period till your lip and cheek movements get adjusted to the presence of braces. If you develop multiple ulcers suddenly, please report it to us immediately as this may indicate some sort of allergy.

**CHECK FOR LOOSE BRACES DAILY** - If any braces or wires break or come loose call the office. Place wax over any sharp areas, and save any loose pieces and bring them in with you. Loose or broken braces prolong treatment.

**REGULARITY IN KEEPING APPOINTMENTS IS ESSENTIAL** – Missed appointments increase treatment time. Your subsequent appointment is fixed beforehand. Please call us in case you need to change it.

If you have any concerns or questions regarding your progress, please do not hesitate to contact us. An out of hours contact number is also provided.

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