

Orthodontic Hygiene Elements

- Orthodontic toothbrush.
- Interproximal brush / unipenacho brush.
- Dental floss or dental tape with wax.
- Pack of threads for dental floss (optional superfloss dental floss).
- Revealing pills for bacterial plaque.
- Wax for orthodontics.

BRING THESE IMPLEMENTS FOR THE NEXT APPOINTMENT, AS THE FORM AND FREQUENCY OF USE WILL BE INDICATED

RECOMMENDATIONS:

- **First day:**
Do not eat anything the first hour after the cementation of the BRACKETS. Follow a soft diet that is made up of liquids, compotes, creams, jellies, etc. Foods well crushed and soft to chew.
- **Second day onwards:**
 - Avoid sticky foods (nougat, chewing gum, mints, snacks, marshmallows, etc.)
 - Avoid hard foods (apples, carrots, celery, pears, peaches, ice, bones, cob, etc.)
 - Avoid sweets (candies, chocolates) and if these are consumed, proper oral hygiene should be performed to prevent tooth decay.

- **Brushing and flossing:**
This device in your mouth makes it difficult to perform good oral hygiene so it is important to follow the following rules:
- Use soft bristle brush.
- Brush carefully and carefully with circular and sweeping movements.
- Use dental floss with threaders to facilitate hygiene in interproximal areas, this should be used at least once a day, then use interproximal brushes to reinforce the cleanliness of the area. It is recommended to use WATERPIK to perform a deeper and more efficient oral hygiene.
- In case of irritation on the inside of the cheeks or lips, place wax on the site that is causing discomfort.

*Thank you for carefully following these recommendations.
They are very important for the success of the treatment.*