



Fremont Hills Dental Centre

Orthodontics Post-Operative Instructions

Brushing Techniques:

- Use a soft dry brush and toothpaste. Brush each tooth in a circular motion for at least 10 seconds.
- Slowly brush each arch and the front, back, and tops/bottoms of each group of teeth.
- Brush your tongue to remove bacteria.

Flossing Techniques:

- Slowly bring unwaxed floss through the braces and floss gum line carefully.
- Consider using a floss threader for greater ease.
- Floss carefully around the braces as well as the tooth and gum line.

Managing Pain:

- Relieve initial soreness after treatments with over-the-counter pain relievers such as Tylenol or Advil.
- Rinse with a mild saltwater rinse to soothe a sore mouth.

Fixing Common Issues:

- Use dental floss to slowly guide a misplaced spacer back into place.
- Fix a protruding wire by clipping gently with a nail clipper. If this is not possible, place wax over the wire to make it more comfortable.
- Save any appliance that may come loose. If a wire breaks or a bracket is loose, call the office to schedule an appointment. If you lose or break your retainer, schedule an appointment for a replacement.

Appropriate Foods:

- Gummy Bears/Gummy LifeSavers
- Pringles
- Fresh pears
- Bananas
- Flake cereal in milk
- Plain chocolate candy bars (don't forget to brush your teeth afterwards!)
- Cheese
- Carnation Instant Breakfast
- Cupcakes

Inappropriate Foods:

- Taco shells
- Chips
- Ice
- Gum
- Sticky Candy
- Popcorn
- Nuts
- Nonfood items such as pencils, barrettes, toys, etc.
- **ABSOLUTELY NO SUGARED SODAS** (this causes decalcification)