

Instructions After the Installation of an Orthodontic Device

It is normal to feel uncomfortable after the installation of an orthodontic device. This is because of the force applied to the teeth. However, any discomfort will lessen after the first day. The inner part of your lips or cheeks might feel irritated, so the dentist will put a piece of wax on the part of the device that irritates you. Until you get to the dental practice, you can put a piece of chewing gum or cotton on the irritant instead.

As far as nutrition is concerned, you must be careful. Avoid solid, crunchy foods such as nuts (almonds, hazelnuts, walnuts) and sticky foods such as toffee, for they can loosen your braces, displace wires, or dislocate rings. Bigger pieces of food that are tough to chew should be sliced into smaller pieces and chewed carefully. You should brush your teeth or at least rinse your mouth after every meal. Hygiene is of utmost importance to patients with a fixed device. There are a lot of products that help the patient clean difficult-to-access spots (toothbrushes with a small brush head, interdental toothbrushes, etc.)

Apart from regular check-ups by the orthodontist, regular check-ups by the dentist are also necessary. The dentist can remove dental tartar and polish your teeth, if there is a need for it, as well as check all of your teeth – cavities are easier to treat if they are discovered early!

After the removal of the fixed device comes a very important part of the treatment – the retainer! A retainer is a see-through splint that keeps the teeth in their position. The orthodontist decides how long patients must wear the retainer, because the length of time differs from patient to patient.

And, after a lot of hard work and discipline, once the fixed device is removed, you'll see your shiny new beautiful smile!