

SPECIFIC CARE:

BRACES

The goal of orthodontics is to achieve a perfectly functioning and aligned smile. Correct dental alignment will allow us to maintain our health at optimal levels, and will also prevent the accumulation of bacterial plaque between the teeth. Obviously, the success of orthodontic treatment with braces depends to a large extent on the care that the patient performs in their day to day.

To do this, we briefly explain the care that must be taken into account after the placement of orthodontics with braces:

- Brush your teeth carefully after every meal. Use a fluoride toothpaste and a soft-bristled toothbrush. Look for a toothbrush specially designed for braces, since these brushes have a shorter row of bristles in the center, which allows you to properly clean the brackets and the tooth surface.
- Use special brushes to remove the remains of food that remain between the brackets. It is a long brush that goes easily into the smallest areas.
- Floss every day to ensure optimal hygiene. Floss between your teeth and also between your braces. There are some dental threads specifically designed for orthodontic treatments, which facilitate their management in these cases.
- Clean your teeth every six months to remove any plaque or tartar that has built up.



- Avoid the intake of sugar and carbohydrates in your diet. These remains turn into acids that can damage the tooth and gums, as well as stain the teeth.
- Try not to eat foods that are too hard or sticky that are difficult to remove. These foods can bend or break the treatment and be uncomfortable.
- In addition to gum, try to avoid popcorn, hard foods such as walnuts, almonds, and ice. Also apples and pears, due to their tough constitution.
- Likewise, you should add new habits such as chopping the meat before eating it.
- If you have a habit of chewing on pens, pencils or toothpicks, eliminate it drastically, as this impairs the treatment.
- It is important that as a patient of a conventional orthodontic treatment you follow these tips carefully, since bad habits can affect the result and duration of the treatment.

