

Home Care Instructions for Orthodontic Patient

CONGRATULATIONS!

Welcome to the start of your new smile

Please follow these homecare instructions to help us create your wonderful new smile!

Please avoid the following foods:

- Chewing gum.
- Caramels, taffy, and all sticky candy.
- Chewing on ice.
- Jawbreakers or very hard candy.
- Popcorn kernels (which may lodge under the braces and cause irritation.
- Biting into a raw apple or carrot, even corn-on-the-cob, these may be eaten if cut into bite-size pieces.
- Biting on hard pretzels.
- Biting into hard bread, bagel, or rolls, even French fries.
- Sensitivity to temporaries is expected due to temporaries, please take recommended pain reliever.
- Please do not hesitate to call with any questions or concerns.(614-848-5001)

Please maintain your hygiene during your orthodontic treatments.

- Your routine recare/dental cleaning appointments must be maintained.
- Please regularly floss using the recommended floss threaders prior to brushing on a daily basis.

WE LOOK FORWARD TO FINALIZING YOUR HEALTHY, AMAZING, NEW SMILE

Please visit us at www.eid-dentistry.com