



INSTRUCTIONS FOR HABIT BREAKING APPLIANCE

- At the initial start of the treatment you will feel very uncomfortable with the appliance on your teeth. Sometimes you will even feel like removing it. All this is considered normal, your mouth and body will get used to it
- Other feeling you can have are:
 - ✓ Excessive salivation
 - ✓ Inability to eat properly
 - ✓ Food getting stuck in between the braces
 - ✓ Irritation and Mouth ulcers
 - ✓ Inability to concentrate
 - ✓ Restlessness during sleep

All these are part of the initial start of treatment because of the oral stress encumbered by the mouth and will get used to it. Symptomatic management of the problems with mild medications, application cocoa butter, Vaseline, topical gels for ulcers will provide great relief

- You are advised strictly to do brushing after every meal, if not at least three times a day. A special orthodontic toothbrush has to be used for their purpose
- If any of the wire is broken or any metal parts have debarred go in front of the mirror and remove carefully and keep it safely. Visit the clinic as early as possible by fixing up an appointment. We will be able to attend to the problem immediately
- If the wire is injuring your gums or cheek keep the orthodontic wax provided in the kit in the place of irritation and report to us as early as possible
- Avoid hard and sticky foods during the entire course of treatment like
 - ✓ pizza , burgers
 - ✓ Non vegetarian food especially bones. Meat can be taken
 - ✓ bubble gums
 - ✓ sticky chocolates
- ✓ snacks like muruku cheedai etc