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WHAT YOU CAN DO TO MAKE YOUR TREATMENT PLEASANT

It is really up to you whether your orthodontic treatment is a pleasant experience, or whether it is a "PAIN IN THE NECK" for both of us. Extra good care of the mouth is necessary during treatment. Braces are very delicate (although strong enough to do their jobs), and will not stand undue abuse or neglect.

Be very careful about the types of food you eat and about the manner you eat them. A **CAREFUL** orthodontic patient can probably eat any food and do no damage to his/her appliance. However, certain types of food may cause trouble:

HARD and STICKY FOODS may do damage by bending wires, loosening cement under the bands and breaking the little brackets and tubes bonded to teeth.

FOODS HIGH IN SUGAR CONTENT - Avoid whenever possible. If you do eat any of them, brush your teeth immediately or at least rinse your mouth with clear water.

DON'T EAT

Popcorn, Nuts, Peanut Brittle
Ice
Lemons (pure lemon juice can hurt your tooth enamel)
Corn-on-the-cob
Corn chips, crisp tacos
Taffy Apples, Caramels

MAYBE

Gum (if you are careful and throw it out when it gets hard)
Carrot Sticks (cut into thin curls)
Apples (cut into wedges)
Hard French Bread (if you take small pieces and are very careful)

Soreness is usually experienced in the beginning of treatment or when major adjustments are made, it usually disappears in a couple of days. We have Wax in small envelopes to cover any part of the braces and wires which may irritate the lips, cheeks and gums.

Remember dirty teeth or gums can cause decay, mouth odors and white decalcified areas of irreparable damage. The surfaces of teeth and gums which are brushed routinely should not be adversely affected by orthodontic appliances.

Abuse and breakage of your Orthodontic Brackets and Wires will result in an additional charge.

**SPARKLE YOUR TEETH AND BRACES WITH THE PROPER ORAL
HYGIENE AND CONTINUE TO SEE YOUR GENERAL DENTIST FOR
CLEANINGS AND EXAMS AT LEAST EVERY FOUR TO SIX MONTHS
AND
KEEP SMILING!!!**