

You have started orthodontic treatment, which will both improve your oral and dental health and give you a better smile. We have prepared this information leaflet to guide you during the treatment and remind you of some rules you should pay attention to.

3 main rules about your orthodontic treatment

1. THE TEETH SHOULD BE BRUSHED after each meal and before going to bed in the evening. The brushing process should take an average of 3 minutes and should be continued until the braces and brackets are completely bright. During your treatment, you should use an interdental brush in addition to the "orthodontic toothbrush". Insufficient tooth brushing during the treatment process may cause UNREMOVABLE STAINS on your teeth!
2. It is necessary to stay away from FORBIDDEN FOOD in order to prevent the metal parts that we attach to the tooth, which we call the bracket, from breaking off the tooth.
3. You may need to be a little patient during the GET USED PERIOD, which can usually last for 1 week, consult your physician about the use of painkillers to alleviate the pain that may occur during this period.

Forbidden food

You should not eat the following foods during your treatment.

1. You can consume nuts (shelled, shell less, whole nuts) only in crushed and grinded form.
2. Hard candies, hard chocolates
3. Foods with hard seeds such as olives, plums, dates, apricots, cherries, and sour cherries must be removed from the core and consumed as such.
4. Cola, Fanta, soda and similar sugary acidic drinks
5. Foods that contain sugar
6. Popcorn, boiled corn and grilled corn
7. Sticky foods such as chewing gum, jelly beans, Turkish delight
8. Hard foods such as apple, pear and carrot should not be consumed by biting with the front teeth, it is recommended to cut them and consume them in small pieces.

NOTE

Sugary foods do not cause your braces to break, but they can damage your teeth. You can consume it occasionally, but you should brush or rinse your mouth right afterwards. The worst of these sugary foods are carbonated beverages (COLA, FANTA, SODA, etc.), even if

the drinks are diet, they will still do the same harm. Therefore, stay away from carbonated beverages during the treatment.

We want your treatment to be completed in the healthiest, problem-free and short time and we want you to have a beautiful smile as much as you do. We ask you to follow our recommendations.