

# Precautions

## After Bracket Attachment



### Oral Hygiene

- Food can easily get stuck between the wires of your braces.
- Please brush your teeth **more thoroughly and carefully than usual** to prevent cavities and gum problems.



### Eating Habits

- Avoid tough, hard, or sticky foods. These can cause the brackets or wires to come loose.
- If a bracket or wire becomes detached, **contact the clinic as soon as possible**.
- Please keep and bring any detached parts with you.
- Frequent breakage or detachment of braces may **extend your treatment period** and make correction more difficult.
- Additional costs may apply depending on the type of device.



### Discomfort & Pain

- Braces may sometimes cause small sores or irritation inside your mouth.
- After each wire adjustment, your teeth may feel sore for **2–7 days**. The discomfort usually decreases as you adjust.
- If the pain is severe, you may take an over-the-counter pain reliever (e.g., Tylenol) as directed.



### Cooperation & Appointments

- Your cooperation is essential for successful treatment.
- Please visit the clinic **according to your scheduled appointments**.
- If you are unable to attend, call the clinic in advance to **reschedule**.

