

ORTHO INSTRUCTIONS

Patient Name	:	Aswathi Vipin	Emirates ID	:	784-2543-5254612-1
File No	:	1	DOB	:	1991-11-21
Nationality	:	Indian			
Gender	:	Female	Doctor's Name	:	Alan Alfred
Date	:	2023-11-27			

Instruction for fixed orthodontic appliance

All damage happened to your appliance deteriorate the result of your treatment and / or prolong its duration

Avoid the followings:

- Putting pencil or hard objects inside your mouth.
- Cutting wires or scotches with your teeth.
- Cutting hard foods (apples, carrots, hard bread, sandwich, biscuits, pistachios) it is preferable to cut them in small pieces and eat slowly.
- Eating or chewing sticky foods like nougat, caramel and chewing-gums.

In case of damage to your appliance

If bands or bracket broken and they don't disturb your tongue or gum and you have appointment within the next 10 days, it is better to wait till your next appointment; if not (the broken bracket hurt you or the wire cut your gum) you are invited to call the clinic to take an emergency appointment.

Coming to the clinic without any appointment make you wait till the last appointment of that day being finished.

If part of your appliance scratching or irritate your cheeks or lips you can put small piece of wax, we give you some in the beginning of our treatment, over that part of your appliance, if you finish the wax you can get them from the pharmacy

If any problem happens to you during your travelling away, you can consult any dentist or orthodontist in that area


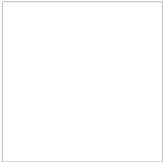
Hygiene:

Orthodontic appliance fixed or removable doesn't damage the enamel of teeth, but the remnants of foods around the appliance are very dangerous if they are not cleaned away by brushing. That is why it is important that you brush your teeth for at least 3 minutes after each meal you eat

The way of brushing must be in a round movement around the brackets and in a vibrating one in the gum area. The small tooth brush could help you to finish the brushing in the difficult areas. The brushing should be followed by a solution of mouth wash every night

The sugar is the element that transfers to acid very rapidly inside the oral cavity, so don't eat too much sweet candy; if you did, you have to brush your teeth immediately

Sign here, only if all of your questions have been answered to your satisfaction

Patient	Doctor
	
Patient Name Aswathi Vipin Date 2023-11-27	Alan - Dental (GD10001) Date 2023-11-27