

ORTHO INSTRUCTIONS									
Patient Name	:	Alston Rebello				Emirates ID	:	784-1991-2906159-3	
File No	:	17	DOB	:	1996-06-20	Nationality	:	Indian	
Gender	:	Male	Doctor's Name	:	Alan Alfred	Date	:	2024-04-19	

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 braid, 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 dont 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 heart 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 doesnt 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 asolution of mouth wash every night

The sugar is the element that transfer to acid very rapidly inside the oral cavity, so dont 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
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Patient Name Alston Rebello Date 2024-04-19	Alan Alfred - Dental (15245565544445) Date 2024-04-19