



250 - 8029 199 street, Langley, BC. V2Y 0E2
604 513 1122
info@spiredentallangley.com

Oral Hygiene instructions for Ortho Patient

- Brush your teeth, gums, and braces after every meal.
- Do not touch the braces with your fingers, tongue, lips, pencil, etc.
- Apply Vaseline or any cream on your lips regularly.
- Do not eat any sticky or hard food e.g. chewing gums, candy, nuts, popcorns etc.
- Do not bite anything hard or big with your front teeth e.g. burger, apple, carrot, etc. Cut these in small pieces before eating.
- In case any brace comes off, keep it very carefully and call us.
- If anything feels sharp in mouth please cover it with ortho wax provided in the kit

Thank you so much for your cooperation. We will get good results.