



Orthodontic Treatment Aftercare Guide

Huwaran Dental Clinic

💡 What to Expect After Getting Braces or Aligners

- Mild discomfort or pressure is normal during the first few days.
 - Lips, cheeks, and tongue may feel sore initially.
 - You might notice slight difficulty speaking or eating — this improves over time.
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💡 Orthodontic Care Tips

- ✓ Brush thoroughly after every meal to avoid food buildup.
 - ✓ Use interdental brushes or floss threaders to clean between brackets or aligners.
 - ✓ Rinse with fluoride mouthwash to protect enamel.
 - ✓ Wear your aligners as instructed, typically 20-22 hours daily.
 - ✓ Use orthodontic wax to ease irritation from brackets or wires.
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⚠️ Foods to Avoid

- Hard, crunchy foods (nuts, ice, hard candies)
 - Sticky, chewy foods (gum, caramel, taffy)
 - Sugary snacks that increase the risk of cavities
 - Biting directly into hard fruits — cut them into small pieces
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📅 When to Contact Us

- If brackets or wires break or come loose
 - If aligners crack or don't fit properly
 - If you experience persistent pain or swelling
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📍 Need Help? Contact Us Anytime!

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Thank you for trusting Huwaran Dental Clinic — your smile is in good hands! 💡💡