



Concordia  
zobārstniecība

Inovatīvās ortodontijas klīnika

# With braces



## HYGIENE



Brush your teeth at least **3 times a day**



Wearing braces use special brushes and floss for better hygiene



## PAIN

If you feel pain at the beginning of the treatment, use self-administered medicine to relief pain



## REGULAR VISITS



It is important to visit your orthodontist and hygienist regularly to ensure that the treatment with braces is successful



## PROBLEMS

- If the braces are rubbing against the oral mucosa, use orthodontic wax
- If there is a wound, use self-administered healing gels
- If the orthodontic equipment disturbs, contact the clinic. We will help!

**P.S. Do not forget to smile!**





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# Eating with braces



Porridge  
and mashes



Boiled  
vegetables



Soups



Soft meat



Yoghurts,  
cottage  
cheese



Pelmeni  
and ravioli



Fish



Eggs, omelets



Chopped  
fruits



Cheese



Smoothies



Cupcakes



Ice cream



Chewing gums



Nuts



Popcorn



Hard candies bonbons,  
jelly sweets



Chips



Crackers



Solid smoked  
sausages



Sweet sodas

Find more information [www.concordiaclinic.lv](http://www.concordiaclinic.lv)

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