



BRACE YOURSELF and Do it RIGHT !



Congratulations on the first step of the journey to a **better smile!** You may feel **pressure or discomfort** for the first 2 days -1 week. It's absolutely normal!



Do not eat anything **Hard** or **Sticky** at all. It might cause your braces to detach from the teeth. All home cooked food is welcome!



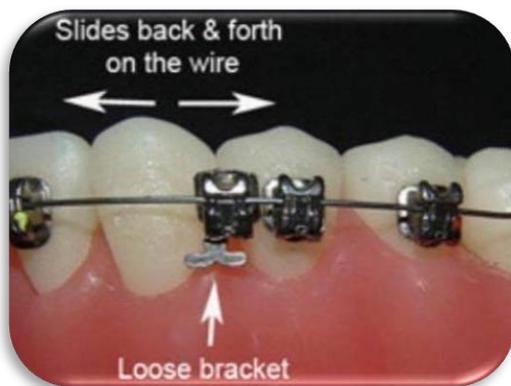
If you are susceptible to mouth ulcers, you may develop few ulcers around your braces. Apply a small amount of Dologel as prescribed.



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Brush thrice daily to maintain good oral hygiene and rinse after every meal. Follow the brushing technique advised by Dr. Niyati.



In case of any breakage of braces, **preserve the bracket** and inform Dr. Niyati immediately. If any wire is poking or causing any discomfort, inform and keep a small swab of wet cotton in the area.



Lastly, proudly **show off** your braces!! Smile wider and happier.