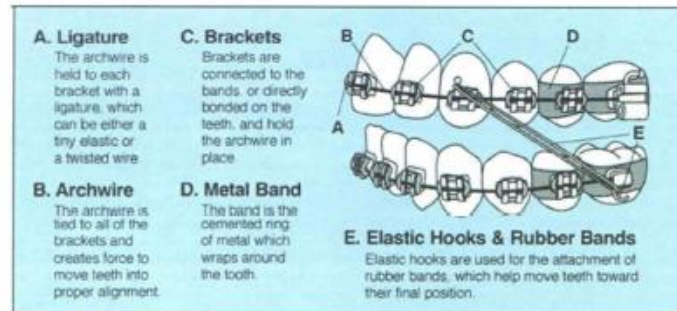




Orthodontic Care with braces



It's normal for a patient to have discomfort for two or three days after braces or retainers are adjusted. It can make eating uncomfortable, that is normal and temporary. It is necessary, to eat soft food for the first days like noodles, soup, yoghurt or cooked vegetables.

Please do not eat:

sticky things like: caramel, lacrize, Toffee, chewing gum, Gummi Bärchen, caramelized popcorn, etc.



hard food like: pizza crust, hard vegetables or fruits (like carrots or apples) nuts or popcorn, etc.

This applies to the entire treatment time with braces!

Toothbrushing:

Please brush your teeth every morning and evening, also use the small interspace brush every day!



For every appointment in our office you have to bring a toothbrush with you, so you can brush your teeth before the treatment or when we are changing the wires.

In case a bracket or a wire is broken or loose

please call our office while opening hours: **0711-4516555**.

or weekends and german holidays you can call our emergency number: **0711-4516561**.

Also you can find further information on our website: www.kfo-schneider.de