



What to do before & after getting braces

So you're thinking about getting braces? Congratulations! You're taking a big step towards improving the health of your teeth, as well as getting that awesome smile into shape.

To get yourself ready and ensure you take great care of your teeth while you're undergoing treatment, be sure to do these things before and after getting braces.

1 week before getting braces

There are some foods you'll need to avoid during treatment, so before you hit the orthodontist's chair, feel free to treat yourself!



Nuts



Hard Lollies
Chewy foods



Popcorn



Muesli + Nut
Bars



Hard Bread
Rolls



Crunchy Fruits
+ Vegetables

On the day

There are a number of things you can do on the day of your appointment to help settle your nerves and ensure your appointment goes smoothly:



Clean your teeth
thoroughly



Take a before selfie



Run your tongue over
your teeth one last time!

The day after getting braces

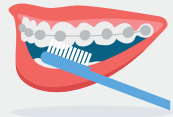
Once your braces are fitted, you'll need to make small changes to your day-to-day behaviour to make sure your treatment runs smoothly:



Keep pain relief handy
for after your adjustments



Eat soft foods



Brush your teeth after eating