

Rules to Follow During Orthodontic Treatment

Cooperation between the dentist and the patient is essential for successful orthodontic treatment. Appointments must be attended regularly, usually once every 4–6 weeks. If you are unable to attend your appointment, you must notify the clinic by phone at least 2 days before the appointment date and schedule a new appointment for the earliest available date suitable for your doctor. Please remember to bring the appointment card given to you at the beginning of your treatment when coming to your appointments.

During treatment, good oral hygiene is mandatory. It is important to brush your teeth after every meal, preferably by applying pressure with an orthodontic toothbrush. In addition, auxiliary products such as an interdental brush, mouthwash, and a battery-powered/rechargeable toothbrush may be used. Otherwise, permanent discoloration and cavities may occur on the teeth, and bleeding and swelling may develop in the gums.

Pain is expected, especially during the initial stage of treatment. In such cases, painkillers recommended by your dentist may be used. Aspirin and aspirin-derived painkillers are not recommended, as they may slow down tooth movement during treatment.

During the adjustment period to the appliances, irritation may occur on the tongue, lips, and cheeks. In such cases, you may use the protective wax provided by your dentist at the beginning of the treatment.

During treatment, attention should be paid to the consumption of certain foods:

- Hard and sticky foods such as hazelnuts, peanuts, mixed nuts, walnuts, chips, chocolate, green plums, chewing gum, and Turkish delight should not be consumed.
- Hard fruits and vegetables such as apples, pears, and carrots should be consumed carefully by slicing them into small pieces or grating them.
- Hard bakery products such as cookies, toast, bagels, toasted sandwiches, and hard bread crusts should not be consumed. Relatively softer foods such as hamburgers and pizza should be divided into small pieces and consumed carefully.
- Foods with pits or stones, such as olives, apricots, and cherries, should be consumed after the pits or stones have been removed.
- In general, all meat dishes should be consumed in small bites using a fork and knife.
- Carbonated drinks such as cola, Fanta, Sprite, and soda should be consumed at most a few times a month and with a straw.
- Consumption of green plums and popcorn should be avoided.

Extraoral appliances used for treatment, such as headgear, chin cups, and face masks, as well as intraoral elastics, must be worn for the recommended duration and in the recommended manner. Otherwise, the treatment period may be prolonged, or the treatment may not be completed as intended.

If any intraoral appliance causes pain, comes loose, or breaks, please inform your doctor. Do not throw away any broken or detached parts. In cases where you need to visit the clinic outside your routine appointment, you should contact the clinic and schedule an appointment.

When conditions such as mouth ulcers or cold sores occur inside the mouth, effective treatment generally cannot be performed. If you experience such conditions before your appointment, please call and inform your dentist.