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Medland

ORTHODONTICS

fixed appliance

- It is important to get used to the appliance.
- Eat a soft diet.
- Panadol is helpful for pain relief.
- Apply wax to the outside of your new braces if needed.
- Avoid hard or sticky foods.
- Thorough cleaning around the appliance is essential.
- Brushing twice the daily to maintain optimum oral health.



in a few days your braces
will feel like a part of you

always continue with
complete home care