



Recommendations after bracket placement.

- Brush your teeth after every meal.
- Oral care products required for hygiene:
 - Electric / manual toothbrush;
 - Fluoride toothpaste (GUM Ortho, etc.);
 - Interdental toothbrush;
 - Wisdom teeth toothbrush;
 - Tepe silicone interdental brush (Tepe Easy Pick);
 - Dental floss (SuperFloss);
 - Topical medicines (available in pharmacies) - Stomagel / Sanagel / Aftaclear;
 - Orthodontic wax.

All the products necessary for the oral hygiene can also be purchased on the website www.klinikazinta.lv, in the section “Catalog” with a delivery to a parcel terminal or the possibility to pick them up at the reception of “KlīnikasZinta”.

- It is recommended to avoid eating solid foods shortly after applying braces. Teeth are most often sensitive about one week after braces have been put and 2-3 days after the archwire change. It is recommended to cut the food into smaller pieces before eating.
- If the teeth are very sensitive during mealtimes, it is allowed to take painkillers before them (Ibumetin 400 mg / Ibustar 400 mg / Aspirin 500 mg / Paracetamol, etc.).
- In case of a fallen bracket, tube, bite raising filling or archwire scratching the cheek, you should contact the treating orthodontist by calling the “KlīnikaZinta” reception - +37129456701.
- Visits to the orthodontist should be performed once every 1.5-3 months.
- Professional oral hygiene should be performed every 4-6 months.