TANGER BAY
DENTAL CENTER

Success Guide: Your Braces

Tanger Bay Dental Center

Fixed orthodontics

A team effort

Your braces work around the clock. Your daily cooperation — diet, hygiene, appointments — makes all the difference to how long treatment takes and its result.

1 Diet & precautions

Foods to avoid

Sticky foods (caramel, chewing gum, nougat): they loosen the brackets. **Hard** foods (whole apples, raw carrots, bread crusts): always cut them into small pieces.

1. Never bite directly into hard food — cut it into small pieces.
2. Avoid chewing on objects (pens, nails) so you don’t break the appliance.



Hard foods cut into small pieces; sticky foods to avoid.

2 Strict hygiene

1. Brush **after every meal and before bed**, thoroughly around each bracket.
2. Use **interdental brushes** to clean under the wire where a normal brush can’t reach.
3. Check in the mirror that no food debris is trapped.



Brushing around brackets and interdental brush under the wire.

3 Comfort & minor emergencies

1. If a bracket rubs your cheek or lip, apply a small ball of **orthodontic wax** over it.
2. Mild **sensitivity** for 2–3 days after an adjustment is normal: choose soft foods.

> ⚠ **Loose bracket or poking wire**
> Never try to cut the wire yourself. Contact the clinic immediately.



Applying orthodontic wax on a bracket.

4 Your appointments

1. Be **on time**: a missed activation appointment lengthens your overall treatment.
2. Wear your **elastics** exactly as prescribed — they drive the movement of your teeth.



Wearing orthodontic elastics correctly.

Loose bracket or poking wire?

Don’t cut anything yourself. Use wax for comfort if needed, then **contact the clinic** for an appointment.

+212 6 60 02 22 63

Your next appointment Date : .....

A check-up every 3 to 6 months

To keep your gums healthy, a professional cleaning and check-up are recommended every 3 to 6 months. If your follow-up visit isn’t booked yet, make an appointment now.

ISSUED BY

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Information sheet — does not replace your dentist’s advice.