

Your Orthodontic Journey Guide

What to Expect

As you begin your orthodontic treatment: It's helpful to know what's ahead:



Initial consultation



Appliance fitting



Regular adjustments



Managing discomfort



Treatment duration

Oral Hygiene Tips

Maintaining good oral hygiene is crucial during orthodontic treatment:



Brush after meals



Floss daily



Use mouthwash

Braces vs Invisalign



- Fixed to teeth
- Visible brackets/wires
- Effective for all cases



- Removable aligners
- Nearly invisible
- Comfortable plastic trays

Retainer Do's & Don'ts

Dos



Wear as directed



Clean regularly



Store in case

Don'ts



Skip wearing



Expose to heat



Wrap in tissue