**THINGS TO DO DURING FIXED ORTHODONTIC TREATMENT**

It is normal to have pain, sensitivity and shaking in the teeth for 3-5 days after the first appointment. There may also be irritation on the lips and cheeks.

Hard nuts such as hazelnuts, peanuts, chickpeas and almonds, toast, hard toast, hard bagels, hard parts of bread, popcorn, potato chips, Turkish delight, chewing gum, dried figs, caramel sticky and hard chocolates, sticky foods such as paste should not be consumed.

Fruits such as apples, pears and peaches that are to be bitten whole with the front teeth should be chopped into small pieces and chewed with the back teeth.

Chocolate and sugar should never be chewed. If eaten, they should be melted on the tongue.

Foods such as chicken and meat should not be scraped from the bone by means of the outer teeth.

Carrots and cucumbers should not be eaten whole and should be grated.

Pitted fruits such as olives, cherries, cherries, plums should definitely be eaten by removing the seeds outside and should not be tried to remove the seeds in the mouth.

Hard fried parts of foods such as pita bread and pizza should not be eaten.

Artificially acidic instant drinks such as cola, fanta, sprite should not be drunk. Fruit juices and soda water can be drunk.

Food residues can accumulate more easily between the wires, which are the tools of orthodontic treatment, and cleaning is more difficult. Therefore, the person undergoing treatment has to brush his/her teeth with a normal toothbrush for 2-3 minutes 3 times a day after each meal. The brush should be replaced with a new one once a month and all teeth should be carefully brushed one by one with circular movements, especially the joints of the teeth and gums.

In addition to daily brushing, the interdental spaces that cannot be reached by the toothbrush should be cleaned with an interdental brush once a day.