

GOLDEN FOOTHILLS ORAL & FACIAL SURGERY CENTER

Donald R. Liberty, DDS, Inc.

4913 Golden Foothill Parkway
El Dorado Hills, CA 95762

Instructions Following Surgical Wires Being Removed

DIET:

- At first, it will be difficult to open your mouth and you will need to chew slowly.
- Follow a soft diet for another **two weeks**.
- You can gradually increase the consistency of your diet to include items such as chicken, tender red meat, salads and fresh fruits.
- You will probably find it necessary to cut up your foods into small pieces.

Remember, biting into hard foods such as hard French bread or whole carrots could cause displacement of the healing jaw segments.

ACTIVITY:

- You may gradually increase your physical activities.
- Physical activities that require very heavy lifting, or activities where the jaws would have a tendency to be hit or jarred, should be avoided for **three months**. The bones do not need additional trauma to the area while healing is taking place.

HYGIENE:

- Continue with good oral hygiene.
- You might find it necessary to continue using a child-size toothbrush.
- Tooth paste is acceptable.
- You may begin using a water pik on a gentle setting.

RUBBER BANDS:

- Rubber bands will be placed on your braces for support of your jaw bones and to guide you into your new bite.
- **You should wear them 24-hours a day.**
- Remove the rubber bands to eat or brush your teeth.
- Change them every day as they will tend to lose their elasticity.
- You should continue to wear them for four to six weeks unless otherwise directed by your orthodontist.