

# Dear [Patient's Name],

Thank you for visiting us for your recent orthodontic adjustment. To ensure the best results and comfort, please follow the aftercare steps outlined below:

## Aftercare Steps:

1. **Soft Food Diet:** Stick to soft foods for the next few days to avoid discomfort.
2. **Oral Hygiene:** Maintain thorough oral hygiene by brushing and flossing regularly, especially around brackets and wires.
3. **Pain Management:** If you experience discomfort, over-the-counter pain relief such as ibuprofen can be taken as directed.
4. **Wear Rubber Bands:** If instructed, wear your rubber bands as directed to aid in your treatment progress.
5. **Sore Spots:** If you have any sore spots, applying orthodontic wax can help alleviate irritation.
6. **Follow-up Appointment:** Remember to attend your next scheduled appointment on [Date].

If you have any questions or concerns, please do not hesitate to reach out to our office.

Best regards,  
[Your Name]  
[Your Practice Name]  
[Contact Information]