

Guía de Preparación Paquete de Alineación Dental

[Go to English version](#)

Qué incluye

- Consulta de Ortodoncia (valoración para iniciar tratamiento)
- Limpieza dental
- Colocación de brackets convencionales

Preparación — Antes de tu cita

- Cepíllate bien dientes y lengua antes de salir.
- No uses enjuague bucal justo antes (solo cepillado e hilo si usas).
- El día que proceda tu colocación de brackets, procura comer 60–90 min antes (algo ligero) y evita llegar “recién comido/a”.
- Si tienes dolor, encías sensibles, o un diente que te preocupa, menciónalo desde el inicio.

Preparación — Qué llevar (si aplica)

- Si usas retenedores, guardas, férula o alineadores previos.
- Si tienes radiografías o estudios anteriores (panorámica/cefalo) o notas de tratamientos previos.
- Lista rápida en el celular: “¿qué quiero mejorar?” (alineación, mordida, estética, molestias).

Consulta Médica (ese día)

- Usa ropa cómoda
- Evita labial muy pigmentado o maquillaje pesado en labios (se retira fácilmente).
- Si eres muy sensible, avisa si te da náusea con instrumentos o si te cuesta mantener la boca abierta.
- Después de tu cita,
 - Puede haber sensibilidad o presión los primeros días (normal al iniciar movimiento dental).
 - Prepárate para una dieta “amigable”: cosas suaves las primeras 24–48 h si se colocan brackets.

Ya diste el primer paso al descargar esta guía. No dejes que se enfríe el impulso: agenda tu paquete con nosotros. Conocer cómo estás hoy te ayuda a cuidarte mejor y corregir a tiempo lo necesario.

Presentarse con la preparación indicada

Preparation Guide Dental Alignment Package

What's Included

- Orthodontic consultation (evaluation to begin treatment)
- Dental cleaning
- Placement of conventional braces

Preparation — Before Your Appointment

- Brush your teeth and tongue well before leaving home.
- Do not use mouthwash right before your appointment (just brushing and flossing, if you use it).
- On the day your braces are placed, try to eat 60–90 minutes beforehand (something light) and avoid arriving right after a meal.
- If you have pain, sensitive gums, or a tooth that concerns you, mention it from the start.

Preparation — What to Bring (If Applicable)

- If you use retainers, a night guard, splint, or previous aligners, bring them with you.
- If you have X-rays or previous records (panoramic, cephalometric, or notes from earlier treatment), bring those as well.
- A quick note on your phone: “What do I want to improve?” (alignment, bite, appearance, discomfort).

Medical Consultation (Same Day)

- Wear comfortable clothing.
- Avoid heavily pigmented lipstick or heavy lip makeup, since it may need to be removed easily.
- If you are very sensitive, let the provider know if dental instruments make you nauseated or if it is difficult for you to keep your mouth open.
- After your appointment:
 - You may have some sensitivity or pressure during the first few days (this is normal when tooth movement begins).
 - Be ready for a “braces-friendly” diet: soft foods for the first 24–48 hours if braces are placed.

You've already taken the first step by downloading this guide. Don't lose momentum—schedule your package with us. Knowing where you stand today helps you take better care of yourself and address concerns early.

Preparation as indicated is required.