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## Nutritional recommendations for orthodontic patients. An overview

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Oral hygiene care and Dietary modifications are two crucial elements that maintain the Periodontal health in orthodontic patients during the treatment stages. The objectives of this review was to discuss the Nutritional guidance recommended for orthodontic patients. Moreover, studies were designed to compare the dietary intake between the orthodontic patients and control subjects. The authors proposed that the dietary habits of patients were changed as a result of orthodontic treatment. Pain was the significant factor that affect the dietary pattern in orthodontic patients. Therefore, Orthodontists must provide nutritional guidance to their patients and increase consumption of soft diets to avoid pressure sensitivity. However, studies were limited by their small sample size. Nevertheless, Patients with Fixed Orthodontic Appliances seem to be at higher risk of Dental Erosion. Therefore, Prevention approach must be initiated to decrease the amount of acidic drinks in their daily routine life. Moreover, Patients must be instructed to Perform brushing prior to acidic drinks intake rather than after to minimize Enamel and dentin wear. Some studies have reported the use of Protein containing toothpastes seem to be promising in preventing erosion. Orthodontists and Dentists must educate their patients and reinforce oral health care and braces-friendly diet during the orthodontic treatment that helps in maintaining the oral health as well as systemic health. Recommendations should be directed to Nutrition with high potential of Periodontal Tissue healing.

### Biography

Dr. Asra Sabir Hussain has completed her Bachelors in Dental Surgery (BDS) from Batterjee Medical College, Jeddah, Saudi Arabia in 2015. She has one year clinical experience in Private Dental Practice setup. Besides her clinical skills, She has presented Posters related to orthodontic field in the 10th and 11th Annual Saudi orthodontic society conferences held in Saudi Arabia. Currently, she has earned E- Poster opportunity at 24th World Congress on Dentistry and oral health in London, UK. She is currently enrolled in MSC program (ODL) at The University of Edinburgh, United Kingdom Entry level February 2018.

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