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**Postoperative Instructions Following Exposure and Ligation of an Impacted Tooth**

1. Soft diet only for three days
2. No “sticky” foods (e.g.; caramel)
3. Avoid spicy foods for next 3-5 days.
4. Rinse vigorously after eating.
5. See your orthodontist after at least one week to activate the chain.
6. Brush gently with a soft toothbrush.