



PRESS RELEASE

The Sacramento Dentistry Group Answers: Should I Eat Spicy Foods After Propel?

SACRAMENTO, CA—May 10, 2016—What is [Propel](#) and why are people curious about this treatment and spicy foods? Propel is a novel method of speeding up [orthodontic procedures](#), either for plastic aligners like [Invisalign](#) or standard [braces](#). A brief look at how Propel works will explain why spicy foods are not advised after Propel therapy.

How Propel Works

With Propel, the dentist uses a hand tool to drill small holes into specific locations along the jawbone. The healing process that ensues makes it easier for orthodontic forces to move teeth into their proper position, fixing misalignments and misshapen arches. For most patients, this simple procedure cuts their orthodontic treatment time in half. While the drilling sites heal, however, the gums are more sensitive.

Therefore, both spicy foods and products like hot sauce can cause noticeable pain when they hit the mouth, but only for a few days. Likewise, acidic drinks, especially those containing citric acid, lead to similar results. In addition, there are a few other [recommendations](#) for every patient receiving Propel treatment:

- Do not take NSAID painkillers (like aspirin and ibuprofen). Inflammation at the drilling sites encourages the healing process that Propel relies on to work effectively. Anti-inflammatories interrupt this process. Sacramento Dentistry Group dentists suggest using other analgesics, if necessary. Besides, the post-procedural pain does not last long, usually no more than two days.
- Until the gums heal completely, patients gargle with a hydrogen peroxide solution. This is very important, as it keeps the Propel sites free from infection.

When Can Patients Use Propel?

Propel can be used both at the beginning and during an orthodontic procedure. So if a patient did not choose Propel at the start, they can elect to use this technique later. With the benefits in time saved, Propel also has the potential to reduce treatment costs. This makes it an excellent choice for the majority of orthodontic clients. For more information about Propel, contact the Sacramento Dentistry Group at 916-538-6900, use their website at sacramentodentistry.com or visit their office at 1105 E Street in downtown Sacramento.