

amanda lawrence

ORTHODONTIST

Caring For Your Braces

Now that your braces are on you will need to understand how to care for your mouth and your appliances to achieve that lovely smile and good bite that we are aiming for!

Please make sure that you visit your dentist for check-ups every 6 months during your orthodontic treatment.



What can I eat?

Certain types of food need to be avoided while wearing braces. These are sugary and acidic foods like soft drinks (e.g. Coke), sports drinks, juices, cordials, lollies, cakes, muesli bars etc. Drink plain water and milk and restrict sweet treats to a single treat rather than snacking. You also need to avoid hard and sticky foods so as not to break your braces. Make sure you cut up any hard foods (like apples) into small pieces and chew them on your back teeth. We also have chewing gum available that has the same properties as tooth mousse.

If you are unsure about anything and you cannot find the answers in this brochure please call us!

Simple steps for taking care of your braces

Brushing

When brushing near the gums always remember to brush in circles

1. Brush above braces
 2. Brush on the braces
 3. Brush under the braces
 4. Brush on the tops of the teeth
 5. Brush on the inside of the teeth
- Always use a toothbrush with a small head and soft bristles
 - Brush every morning for at least 3 minutes
 - Cleaning at night should take you at least 10 minutes

Spiral Brushing

Spiral Brushing is very important as it cleans the areas that your toothbrush can't reach. Spiral brushing is done at night after you have already used your normal toothbrush (you do not need to use toothpaste).

To spiral brush properly you must push it underneath the wire to clean in between your teeth and the side of the brackets. Don't forget to clean those hooks.

The spiral brush should always be used from the gum margin under the wire towards the edges of your teeth. It should also be used to clean under the hooks on the brackets.

Flossing

Flossing is the only efficient way of removing plaque from between your teeth and under your gums. If you tie a piece of floss to a floss threader it will make flossing much easier. Always use a new piece of floss each time. The floss threader can be reused.

Floss every second night!

Tooth Mousse

We also recommend that you use tooth mousse plus during your treatment. A daily application can help prevent early decay lesions by replacing the minerals that are lost after eating and drinking. Apply tooth mousse after brushing every night before bed and try to avoid eating or drinking after.

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Discomfort

Until your mouth gets used to the braces you may develop sore spots or ulcers. If this occurs rinse your mouth twice a day with warm salt water (1 tsp. in a glass of warm water) and cover any sharp edges with wax (don't forget to dry the area with a tissue).

Some fine wires may become loose and 'dig in'. It is often possible to fix this yourself by gently bending the wire inwards with tweezers or trim the wire end with nail clippers. If you cannot fix this yourself just pop some wax over it and give the practice a call.



If your appointment is soon then there is no need to call, just wait until your appointment. ***Please call us if you cannot make it comfortable.***

It is normal for your teeth to feel a little sore after your braces are fitted. This should ease after a few days, but a mild analgesic (Panadol, Nurofen) will help make it comfortable.

Did someone say mouth guard?

Most patients will use a chemist/sports shop mouth guard as they can be moulded and remoulded around the braces and teeth which are changing and moving a lot, particularly during the first 6-12 months.

Once the teeth have straightened and settled into position we can arrange to have a fitted mouth guard made over the braces.

The Elastoplast brand is the one we recommend. Most patients will require the adult arch size. The arch shape can be adjusted when it is heated.



Please note: if you have ceramic/clear braces be aware that smoking, and some foods can discolour the modules (small elastics) around them. E.g. Curries, red wine and heavily coloured foods.

If this happens you can make an appointment to have the modules changed.

All products and kits can be purchased from reception at Amanda Lawrence or your local chemist.