



BRACES

Instructions

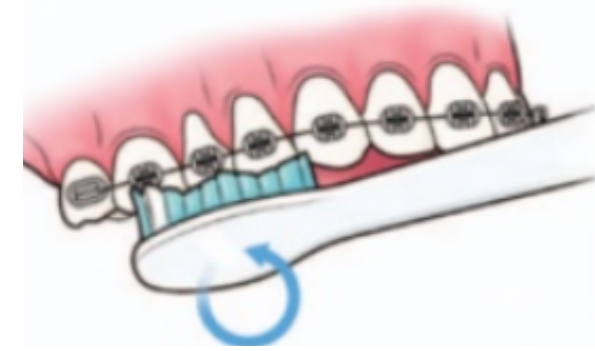
Congratulations, your orthodontic treatment has started!

EATING

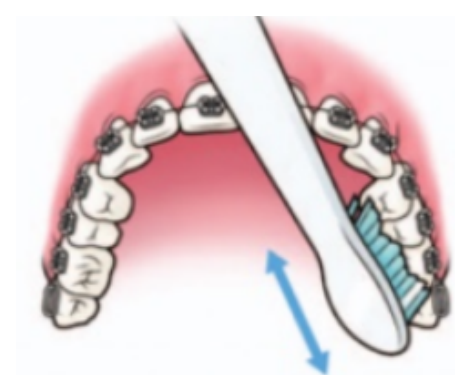
Eating will be difficult for the first week or so. Cut food into small pieces and eat soft foods until you are more comfortable. You must avoid sticky, chewy, hard foods (see below) and sugary foods and drinks.

| Hard food | Sticky food | Whole food |
|------------------|----------------|--------------------------------------|
| Ice cubes | Sticky lollies | Apples |
| Nuts/nut bars | Minties | Carrots |
| Popcorn kernels | Fantales | Crusty rolls |
| Pretzels | Toffees | Bones (pork crackle, spare ribs etc) |
| Hard shell tacos | Liquorice | Corn on the cob |
| Corn chips | Caramels | |
| Hard chocolate | Muesli bars | |
| Nail biting | | |
| Pens and pencils | | |

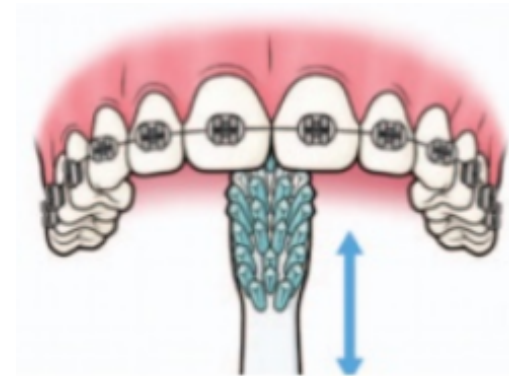
- Then brush above the braces with the brush at a 45-degree angle towards the braces, using the same circular motion



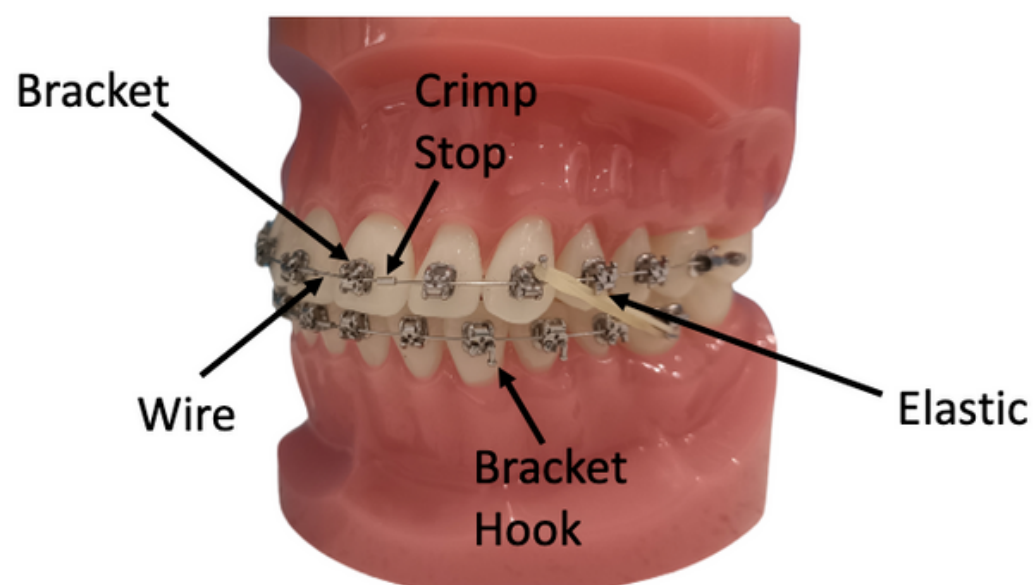
- The chewing surfaces: use a back-and-forth motion on each tooth



- The inside surface:
 - Use the small end of the brush and brush each tooth



PARTS OF BRACES



CLEANING

BRUSHING

Brush your teeth **at least** twice a day for 4 minutes. It is ideal if you brush them after every meal. You can use an electric or manual toothbrush.

3 surfaces of each tooth to clean:

- The outside:
 - Start under the braces with the brush at a 45-degree angle to the gums and use a circular motion



FLOSSING OR INTERDENTAL BRUSHES

This must be done daily to remove food and plaque between the teeth. You can use:

- Superfloss or gorilla floss
- Interdental brushes
- Water flosser

TOOTHPASTE

Use fluoridated toothpaste. Spit, but don't rinse, after brushing.

POOR CLEANING

If your cleaning is poor during treatment, you may get permanent damage to your teeth.

This includes

- Cavities
- Permanent scars
- Damage to your gums

WHAT TO EXPECT

DISCOMFORT

Tenderness of the teeth is normal and usually lasts 2-4 days. To help with this you may want to take Panadol or Nurofen (as you would for a headache). Stick to softer foods like rice and pasta during this period.

BITE STOPS

Often we place "bite stops" on your back teeth for a short period to prevent you from closing fully and breaking the braces. These may be white or blue in colour. They will feel uncomfortable for 2-4 days when closing your mouth.

IRRITATED LIPS/CHEEKS

If this happens, use the orthodontic wax provided. Pinch off a pea-sized piece of wax, warm it between your fingers, dry the irritating bracket, and gently push the wax onto the bracket. The wax is harmless if swallowed. Also use warm salt water rinses 3 times a day for 30 seconds to help healing.

LOOSENING OF TEETH

Teeth must first loosen a little so that they can be moved. Don't worry! They will firm up in their new position after treatment.

MUSICAL INSTRUMENTS

If you play a wind instrument, please let us know so we can provide some advice.

MOUTHGUARDS

If you play any contact sports, you should wear a re-mouldable or "boil-and-bite" mouthguard. This allows you to adjust the mouthguard as your teeth move.

APPOINTMENTS

You will need your braces adjusted every 6-10 weeks. Please arrive on time and brush your teeth before seeing us.

Make sure you see your general dentist at least every 6 months for a check-up and clean during orthodontic treatment.

PROBLEMS

POKING WIRE

From time to time, you may notice a poking wire. Contact us and use orthodontic wax on the area until you see us.

BREAKAGES

This should not occur if you follow our instructions. Regular breakages will prolong your treatment and/or compromise your results. If you do have a breakage, contact us ASAP for an appointment. Be aware - we may not be able to fit you in after school for these repairs.

ELASTIC BANDS

Most patients require elastic bands during treatment to correct the bite. Without your compliance, treatment will be prolonged, and/or you will get a compromised result.

- Always wear as your orthodontist prescribes. Full-time means all the time except when eating or brushing your teeth.
- Always carry an extra bag with you.
- Teeth may be tender when you start elastics. This is worse if you regularly start and stop wearing them. Persist and take some panadol if required and it will settle in a couple of days.
- Replace them with a new pair at least twice a day.

RETAINERS

At the completion of treatment, you will receive retainers which are essential to ensure your treatment outcome lasts.

We will discuss this in more detail when we arrive at the point of treatment. However, it is important for you to know that if you want to keep your smile for life you will need to be compliant with retainers.

OTHER

If you have any problems please contact our friendly team on [9297 6823](tel:92976823) or email reception@ebortho.com.au