

Caring for Your Braces

For the first several days after your braces have been placed the teeth may be tender and you may experience some difficulty with eating solid foods, this is why we recommend a softer diet initially. If the tenderness is significant some pain relief may be taken (Paracetamol recommended).

The inside of the mouth is very delicate, therefore you may experience some irritation from the braces, if this occurs please use the comfort wax provided. Salt water rinses may also be of assistance.

- Keep your appointments. Missed or changed appointments may extend your treatment time. If you feel that something is broken, loose or does not quite feel right, please call the office as soon as possible. A new appointment may need to be made so that we have adequate time to address the issue. This will most likely need to be scheduled during school hours. Please do not wait until your next appointment to inform us of a breakage.
- Be very careful about the types of food you eat and the manner in which you eat them. Your braces are very delicate, although strong enough to do their job. Hard and sticky foods do a great deal of damage to the braces. They can bend wires, loosen cement and break brackets off your teeth. The brackets are attached to your teeth and are connected by wires which determine the direction your teeth will move. If these are distorted by poor eating habits the teeth may move in the wrong direction. Any damage/breakage during treatment will extend the duration of your orthodontic journey.
- Keep your brackets, teeth & gums clean. Bacteria and food debris must be removed to avoid damage to the enamel of the teeth, decay and inflammation of the gums. We recommend brushing your teeth, braces and gums thoroughly morning & night (as demonstrated at your braces on appointment). Flossing once a day with Oral B Superfloss as demonstrated.
- Participation in sport during orthodontic treatment. A Mouthguard is recommended during your orthodontic treatment however, as your teeth are moving it is difficult for us to make a custom mouthguard. Therefore, we suggest a moldable mouthguard that can be purchased from the pharmacy & can be adapted during your treatment.
- Remember to continue to see your dentist/hygienist every six months during your treatment.

Foods to Avoid

Hard crusty bread or rolls, boiled/hard lollies, hard chocolate, caramels, minties, toffees, hard biscuits, nuts, ice cubes, chewing gum/bubble gum, popcorn. Avoid foods with high sugar contents. Cut apples, celery, raw carrots and corn on the cob into small pieces. DO NOT bite into them whole. Do not chew on pens/pencils.

THIS IS BY NO MEANS A COMPLETE LIST. IF IT IS HARD, STICKY, CHEWY OR CRUNCHY PLEASE STAY AWAY!

If the instructions are followed correctly treatment will proceed predictably and efficiently.

If you have any questions, please do not hesitate to call us on 9389 0766.