



TAKING CARE OF YOUR BRACES

YOUR FIRST FEW DAYS

There will be some general soreness of the teeth and mouth for the first week or so. Usually this is not enough to interfere with your daily routine, but if tenderness is severe, paracetamol is the safest form of pain relief for children. Avoid hard foods that require chewing while the teeth are tender so stick to soft nutritious foods such as pasta, soup etc. The discomfort is usually the worst on the first few nights after braces are placed and then will resolve. The teeth may even appear loose which is a normal reaction so don't panic, as the teeth must loosen first so they can move but will firm up again.

EATING AND BRACES

Protect your braces by avoiding **HARD, STICKY, CHEWY** foods: here are some examples...

ICE: can break your braces.

PIZZA CRUST: bends the wires

CORN CHIPS/PRETZELS: bends wires and loosens brackets

STICKY LOLLIES/CANDY/BUBBLEGUM: pulls off wires and can cause decay

NUTS/POPCORN: the shells get caught between gums and bands

PENS/PENCILS: can break and bend wires

CORN ON THE COB: cut the corn off the cob before eating to avoid damage to braces

APPLES/CARROTS ETC: cut into bite size pieces

DRINKING AND BRACES

Drinks such as soft drink, sports drinks and energy drinks (Powerade, V, Red Bull), and even some juices are quite high in food acid. This food acid combines with the cement on the brackets and will cause orange discoloration of the teeth. We understand cutting these drinks out of your diet completely is hard, so we have come up with some ways to help. Start by minimizing the amount you drink, if you drink soft drink every night try to cut it back to two nights a week. While

drinking ANY of the drinks listed above, drink them **THROUGH A STRAW** and **RINSE YOUR MOUTH** with water afterwards.

SPORTS

Braces won't interfere with most sports; however you should always wear a mouth guard for contact sports. A tight fitting custom mouth guard may interfere with moving the teeth unless specially designed and manufactured. Discuss what is best for your individual case with your orthodontist or dentist.

COOPERATION

Successful orthodontics is a result of the technical competence of the orthodontic team, the cooperation of the patient and good communication between us. Good cooperation and care of your appliances allows us to achieve the best result in the shortest period of time for you. It is very important you keep your **teeth and gums** very clean so check them regularly. Thorough brushing, flossing and regular use of fluoride rinse (available from the chemist) reduces the risk of cavities and decalcification (white marks).

LOOSE WIRE OR BANDS

If a wire or band becomes loose, do not be alarmed. If a wire is protruding and irritating, use a blunt instrument (back of spoon or eraser end of pencil) and carefully, gently push the wire out of the way if possible. Wax or wet cotton wool may be placed over irritating area to protect lips, gums and cheeks. If you have tried all of the above and are still experiencing pain, ring us up and we will get you in to fix it.

If a bracket comes loose, save it and bring it with you to the office at your next appointment. **Having one bracket off will not interrupt the progress of your treatment, however if two or more come loose we would like to see you sooner than your next appointment.** Give the office a call and we will fit you in within the next few days if viable.

As we have a lot of patients at school, we cannot guarantee that appointments for lost brackets will be outside school hours, however most 4-6 week reviews are given priority for after school appointments. We appreciate your understanding of our policy.