



Starting Out

-  The first **2 hours** after your braces have been glued on, stick to a **liquid diet** like yoghurt, custard, smoothies etc.
-  For the first few weeks, **eat soft foods** to avoid putting too much pressure on your teeth.
-  Getting used to your braces can take time. **Discomfort is normal for 1-2 weeks**, and sometimes up to 4 weeks. To help you transition into braces, take **pain relief** such as **paracetamol** or **ibuprofen**.

Cleaning

-  **Clean teeth are essential!** Braces have lots of places where food and plaque can hide, which can cause **decay** or **gum disease**.
-  When you are out, bring a toothbrush and interdental brush with you to remove food around your braces.
-  At home, brush all your teeth, gums and braces thoroughly with toothpaste.
-  Failing to keep your teeth clean, can cause **gum inflammation** and **permanent damage**.



Orthodontic Wax

-  Use **orthodontic wax** to cover any part of your braces that feels sharp or rubs your lips or cheeks. It acts as a **barrier** to **protect your mouth** while it heals.
-  It is best to apply the wax **just before you go to bed**, to allow your mouth time to heal.
-  **Remove** the wax before **eating or cleaning** your teeth and replace it after you have finished.
-  If you accidentally swallow the orthodontic wax, it is not harmful.



HOW TO USE ORTHODONTIC WAX

- 1. Wash your hands and brush your teeth.**
This helps minimise bacteria before you apply the wax.
- 2. Pinch off a small piece of wax and roll it into a pea-sized ball.**
Using too much makes it more likely to fall off.
- 3. Dry the area on your braces with a tissue or by gently sucking air in.**
Wax sticks best when everything is dry.
- 4. Press the wax firmly over the bracket or wire that's causing irritation.**
Flatten it so it covers the spot completely.

If you are out and about and cannot find any orthodontic wax, you can cover the area with **sugar free chewing gum!**

What to avoid:

-  **Don't play with your braces** or chew pens, pencils, fingers or nails.
-  Eating with braces can be tricky at first – **take your time** and cut foods into smaller pieces.
-  The below list is to be followed for the **whole time you have braces on**.

**IF IT IS TOO
HARD OR
STICKY,
DON'T EAT IT!**

DO NOT EAT:

- **Sweet / Acidic drinks** (cordial / soft drink / sports drinks / juice etc.)
- **Hard foods** (nuts / crackers / popcorn / corn chips / taco shells / pork crackling / ice cubes / ice blocks etc.)
- **Hard / Sticky / Chewy foods** (minties / fantails / toffee / muesli bars / hard chocolate [that's been in the fridge!] etc.)
- **Bread crusts** (bread rolls / pizza crust etc)
- **Bubble / Chewing Gum**

EAT WITH CARE:

- Apples / carrots and meats – cut up into small pieces
- Corn – have it removed from the cob
- Steamed vegetables
- Sugar-free chewing gum
- Soft chocolate

Care will be required when **playing sport**. You should discuss the risks and the need for a **mouthguard** with your Orthodontist.

Appointments

- We are open **Monday to Thursday** and both Orthodontists' alternate times and days each week.
- Appointments are every **4-8 weeks**. This may be shorter or longer depending on the Orthodontists' availability and treatment plan for you.
- **Regular adjustments** take about **15 minutes**.
- **Keep appointments as scheduled**, or make alternative arrangements as soon as possible.
- If you miss or reschedule your appointment, there is a minimum **4 week wait** for before/after school times. If you wish to be seen sooner, it **must** be during school hours.

Failure to keep your scheduled appointments will prolong your treatment

Breakages

- Breakages (eg: **broken wires / brackets**) add to your treatment time. They can also cause injury to you: pain, ulcers or bleeding. **Please contact the clinic so we can help.**
- Some broken brackets or wires are **non urgent** and can wait until your next visit. Please inform us so we can repair this at the next scheduled appointment.
- If breakages occur due to disregarding the advice provided, you may be **charged a fee**.

Remember to visit your Dentist every 6 to 12 months!

Components of Braces

This diagram below shows the different components of braces.

Please refer to this diagram so you can accurately describe the problem when you contact the clinic.

Archwire: Wire that runs through your braces and helps move your teeth

Band: Metal ring that is glued around a tooth

Bracket: Metal or porcelain attachment glued onto each tooth that the wire sits in

Coil Spring: Metal spring to push teeth a part to create space

Elastic/rubber band: Used to correct the bite

Hook: Used to attach elastics/rubber bands

Loop: Coloured loop that holds archwire to the bracket

Steel tie: Just like a loop, but a steel version

