





## WELCOME TO BRACES


### Starting Out:


-  For the first **2 hours**, stick to liquid foods only (e.g. yogurt, custard, smoothie, ice cream etc)
-  For the first week, eat soft foods
-  Adjusting to your braces may take a little time. Some discomfort can be expected for the first few days - a mild pain reliever (Paracetamol or Ibuprofen) can help

### What to do:

#### Cleaning:

 Now that you have your braces on, you must keep your teeth very clean. There are many more areas for food and plaque to hide in your mouth that can cause decay and gum disease.

 This means you **must** clean your teeth and gums after **every main meal**.


 You will need to take your toothbrush and Christmas tree brush out with you - use your brushes and some water to remove any food around the braces and brush properly with toothpaste at home



**It is most important to keep your teeth clean. Failure to do so will result in gum inflammation and damage to the enamel of the teeth by decay.**

Permanent damage to teeth and gums as a result of poor oral hygiene & poor diet while wearing braces


### Wax:

 The wax supplied may be used to cover any parts that are causing irritation to the cheek or lips.

#### HOW TO USE WAX:

- Dry the area first with a tissue or by sucking or blowing air onto the area.
- Roll up a pea sized section and squash it over the problem area
- Take the wax off when eating and cleaning your teeth and replace it after you have finished
- It is best to wear the wax at night on the problem area to give the inside of your lips and cheeks time to heal
- Do not worry if you accidentally swallow the wax, it's not toxic, it's bee's wax!
- Contact the clinic if you have a sore area that persists.

### What to avoid:


 Eating with braces can be difficult at first but you will get used to it. This list is to be followed for the **whole time you have braces on**.

#### Foods to avoid:

- Sweet and acidic drinks (cordials, soft drinks, sports drinks and juices)
- Nuts / Crackers / Popcorn
- Crusty bread rolls / edges of pizza
- Ice cubes / ice blocks
- Hard or sticky lollies (minties, fantails & toffee)
- Hard chocolates
- Muesli bars
- Corn chips / Taco shells
- Pork Crackling
- Bubble Gum

#### Foods to eat with care:

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

 Avoid fiddling with your braces.

 Do not chew on pens/pencils, your fingers or fingernails.


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


Care will be required when playing sport.

You should discuss the risks and the need for a mouthguard with your Orthodontist


Remember to visit your Dentist regularly every 6 to 12 months!

### Appointments:


 Our appointments are Monday to Friday and both Orthodontists alternate times and days each week.


 We usually see patients every 4-8 weeks after they get their braces on. This may be shorter or longer depending on the orthodontists' availability or treatment plan for you. These regular adjustments take about 15 minutes.

**Failure to keep your appointments will prolong your treatment time**

 Keep your appointments as scheduled, or make alternative arrangements as soon as possible.

### Breakages:

 Breakages such as broken wires or brackets can add to your treatment time. Breakages can also cause injury to you: pain, ulcers or bleeding.

 If you do break a bracket/wire, it can usually wait till your next scheduled appointment. However, if it is causing you pain, please contact the clinic.

 If you have too many breakages from disregarding the advice provided, you may be charged a fee.

### Components of Braces

This diagram 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 fits in the bracket slots

**Band:** Metal ring that is glued around the back teeth

**Bracket:** Metal attachment glued directly on tooth

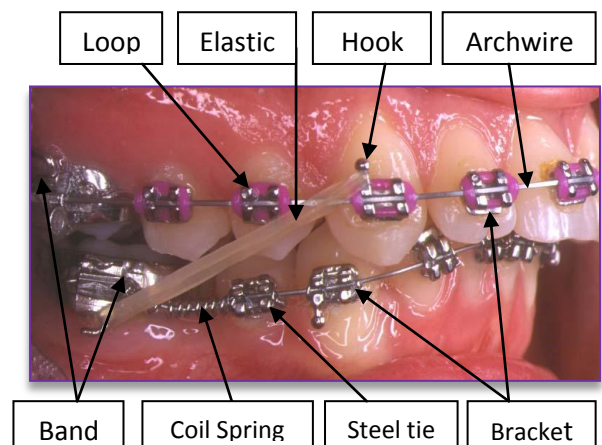
**Coil Spring:** Metal spring to create space

**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:** Wire that holds archwire to the bracket



## Any Questions?

If any problems occur or you have an enquiry, please don't hesitate to call us.

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