

## FOODS

For the entire time of your orthodontic treatment we ask that you stay away from any

- **HARD or STICKY lollies** like minties, toffees and redskins
- **Ice**
- **Muesli or fruit bars**

As these may cause damage to the braces – you can potentially loosen, break or bend wires and bands.

The best thing to do is avoid biting into anything on your front teeth such as apples, **carrots, corn on the cob, ribs, steaks**...etc. Anything you would normally eat on your front teeth, **cut it up into smaller pieces and chew it with your back teeth.**

Best things to eat are rice, pasta, noodles, soups, basically foods that you normally eat as long as it is not crunchy on your front teeth.

Keep an eye on things you may eat with food colouring in them, as certain foods such as **curry, pasta sauces and cordial** may change the colour of your ligatures/elastics. But don't worry too much if they stain, we will change them at your next appointment.

Anytime you have sweets in your mouth such as soft drinks, cordial or fruit juices, rinse your mouth with water afterwards.

## EMERGENCIES

If a bracket or ligature comes off, or a wire is too sharp, don't panic, just place a small amount of wax on that area. If it is giving you pain or you are worried then give us a call, if it is not hurting you then leave it until your next visit.

We recommend that you continue to see your general **dentist for your regular 6 monthly check-up and clean.**

You may notice our hygienists Tina and Alya, they have both completed a 3 year university course and will assist Dr Mew Sum and Dr Fong in putting on your braces.

If you have any questions after you leave feel free to give us a call or ask one of the staff here at any time. Just remember **cleaning your teeth is essential as well as choosing the right foods to eat.**

We have a **Facebook** page, "LIKE" us, there are some great links to some videos they may help you with caring for your braces.

Give yourself a good week or two to get used to your braces as it might feel different eating and talking initially.

## TOOTHBRUSHING INSTRUCTIONS

This pamphlet will discuss the **importance of good oral care** while you are wearing braces and how to keep your teeth healthy and clean during treatment. The brackets, bands and wires that make up your braces will make it more difficult to keep your teeth clean because there are more **places to trap food and plaque.**

Plaque is the white or creamy build up that forms on your teeth, it's made of lots of bacteria which can cause problems in your mouth such as;

1. **Tooth decay:** Permanent white spots, brown spots or holes in your teeth
2. Gingivitis: **gum problems** - where the gums bleed or are swollen

## TOOTHBRUSHING

You need to brush your teeth **3 times a day**

1. Before going to bed at **night**
2. After breakfast in the **morning**
3. **After lunch or after school**

The brush in the pack is an orthodontic toothbrush, this particular toothbrush may be difficult for you to find at the shops, so you can replace your brush with any toothbrush with **a small head and soft bristles**.

You can also use an electric toothbrush. These are great because it has a rotating action which makes it easy to use and effective in removing plaque

**Be gentle with your brushing**, don't rush and scrub your teeth too hard as this may cause your teeth to wear out. Press your toothbrush firm enough so that the bristles spread slightly, this way the sticky plaque on your teeth can be brushed away.

When brushing it is important to brush;

1. **Along the gumline** - using **small circular motions** to remove the plaque that are most likely to cause gum problems
2. **On and around the braces**, brushing at a **45 degree angle** making sure all the crevices are cleaned so you don't get holes around your braces
3. **The biting surface**

Don't forget to brush **ALL** your teeth, **the bands** at the back of your mouth, the **inside surfaces** and the **chewing surfaces**.

**If your gums bleed** in any areas, **continue to brush** that place as bleeding gums is a sign that the area is not clean enough.

## INTERDENTAL BRUSHES

Interdental brushes are essential in keeping your teeth clean whilst wearing braces. You can purchase these from Priceline or your local chemist. It's a little brush that helps **clean in between the brackets**, where the toothbrush can't reach. Use this every time you brush your teeth and replace when bristles are looking shabby.

## FLOSSING

To help you clean **in between your teeth**, we recommend that you floss your teeth once a day. You can use a special type of floss called **ORAL B SUPERFLOSS**, it makes flossing easy as it has a rigid part that allows you to thread the floss under the wire. Make sure that you wipe the floss up and down each side of the tooth. This is time consuming at first but will get easier with practise.

## TOOTHPASTE

The Orthodontist asks that you **refrain from using toothpaste that contains whitening**. This is because the whitening agent will not affect the area underneath the brackets and therefore when you take the braces off there will be a spot that hasn't been whitened.

You can use any **toothpaste with fluoride** as long it doesn't have whitening.

## MOUTHWASH

If you wish to use a mouthwash, we recommend you buy one which contains fluoride. **Once a day**, after you have cleaned your teeth thoroughly, rinse your mouth with **half a capful** of the mouthwash. The fluoride in the mouthwash will help strengthen your teeth and prevent you getting decay. You can buy this at Priceline or your local chemist.

## WAX

The wax in your pack is used to assist with any discomfort from the braces. When any of the brackets or wires are irritating or poking, the dental wax can be very useful. Dry the area first, pull off a little piece of wax, roll it into a ball and place it on the bracket or wire that is irritating. This will make the area smooth and stop it from causing ulcers. It's ok if you accidentally swallow the wax - it is non-toxic.

