



## Orthodontic Instructions

### BRUSHING

It's very important to look after your teeth while you have braces. Brackets and wires make it much harder to clean your teeth and more time will be needed to carry out your oral hygiene routine.

- Brush your teeth 3 times daily to remove all food and plaque regularly.
- Brush above and below the brackets to avoid 'white spots' above the brackets and swollen gums.
- Use interproximal brushes to remove food debris and plaque from around the brackets.

### EATING

Braces can be damaged with hard or sticky foods, so adjusting your diet may be necessary. Hard foods or eating meat of the bone can dislodge brackets. High sugar diets greatly increase chances of getting tooth decay in between your teeth.

- Cut foods into smaller pieces such as apples, carrots, and steaks.
- Avoid biting into fruits with seeds.
- Avoid chewy lollies like toffees, red skins and minties.
- Reduce sugar by avoiding soft drinks, juices and sports drinks.
- Drink water.

### DISCOMFORT

It may take some time for your mouth to adjust to having braces. It is common to have some discomfort when braces are first placed and after an orthodontic adjustment. Ulcers can form where your cheeks and lips are rubbing against the wires, brackets or bands. If this occurs use your dental wax by drying the area, making a small pea sized ball and placing the wax directly onto the area rubbing on the cheek. Change the wax daily until the ulceration has healed.

### TOOTH MOUSSE

You may be given additional products to use such as tooth mousse during your orthodontic treatment. Use tooth mousse after brushing and before going to sleep by rubbing a pea sized amount around your teeth and the brackets and go to sleep with this on. Tooth mousse help to remineralise tooth structure if brushing is poor or sugar intake is high.

If you have any concerns, continuing discomfort, or have dislodged a bracket, please contact the surgery on (02) 4332 2581