

WHAT TO EXPECT

Now that your braces have been fitted, they will immediately start to align your smile. The first 3-5 days after the initial fitting of your braces, your teeth may be quite sore. Paracetamol and eating softer foods can help relieve this discomfort.

APPOINTMENTS

Your appointments will usually be scheduled every 8 to 10 weeks, unless your treating Orthodontist advises differently.

EATING & DRINKING

It is best to stay away from hard, crunchy or sticky foods to avoid breaking your braces. Please keep in mind, numerous breakages can extend the estimated treatment time.

Try to avoid biting into food with your front teeth, such as an apple or carrot. Foods should be broken or cut into pieces and chewed using the back teeth.

Try to stay away from sugary and acidic food/drinks as they can increase the chances of things such as:

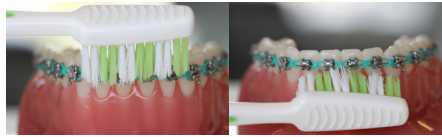
- decay
- build-up of plaque
- gum disease
- decalcification marks (permanent stains)

ORAL HYGIENE

Brushing your teeth with braces on requires a little bit more attention than usual!

1

Using soft tooth brushes only, brush in small circular motions at a 45 degree angle to the tooth, for approximately 10 seconds in each area before moving onto the next area.



2

Always clean the top and bottom teeth separately. Clean around all the brackets and wires.

3

Pay extra attention to the junction between the teeth and the gums. Don't forget the inner surface and the chewing surfaces of your teeth.



4

Finally rinse and check in the mirror to ensure that all the food and debris is gone.

5

Brush after every meal! Carry a travel toothbrush to make it easier when you are out and about.

INTERPROXIMAL BRUSHES



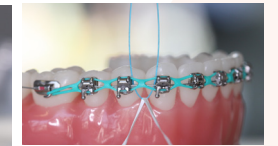
Use an interproximal brush to help clean hard-to-reach areas such as under your wires and between your brackets.

FLOSSING

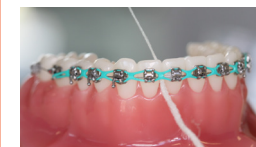
Flossing every day is recommended for everyone even without braces!



Use a water flosser if you have one at home, it is a great alternative to the usual floss.



A floss threader acts like a needle threader to help pass the floss under the wire, once threaded, flossing can be carried out as normal.



Super floss has one end with a firm strand that acts like a floss threader.

GENERAL CHECK-UPS

Besides your appointments with your orthodontist, it is important to attend your 6 monthly check-up appointments with your general dentist.

These check-ups are an important part of keeping your teeth healthy, especially when you have an appliance on.

SORE SPOTS

If your braces irritate your tongue or cheeks, you can use Ortho Wax to act as a barrier to prevent further irritation.

Rinse with warm, salty water (1 teaspoon salt mixed with warm water) to help ulcers heal.



Direction of use:

1. Gently roll some wax into a ball shape.
2. Thoroughly dry the area that is irritating you with a tissue or cotton roll.
3. Apply the wax on the area and press on firmly.
4. Take the wax off and discard before eating/drinking or brushing. Use new wax each time.

If you accidentally swallow the wax, that is okay! If sore spot persists, please call our clinic.

BREAKAGES

If a bracket comes off, please inform our clinic as soon as possible, so we can schedule an appointment to put it back on. Please do not be concerned, it is not an emergency.

Breakages often take more time to repair than your regular appointments, so we will need to find a suitable appointment slot to repair the breakage sooner.

EMERGENCY

What to do if wire breakage occurs over the weekend:

If a wire is poking at the back of your mouth,

1. Use some Ortho wax to cover the end
2. Or use the rubber end of a pencil and try to bend the wire so it no longer irritates your mouth
3. Or carefully trim the excess ends off carefully with a pair of nail trimmers.
4. If the wire has slipped out of the last bracket, using a pair of tweezers, carefully place the wire back into the tube bracket.

Always inform us as soon as possible so we can schedule an appointment, even if you have temporarily fixed it. Please keep in mind, additional costs may apply if excess brackets are broken off.

Never hesitate to call our clinic if you have any questions or concerns!

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TAKING CARE OF YOUR BRACES