

## HOME INSTRUCTIONS FOR BRACES

You now have braces placed on your teeth. For the first few days, some general tenderness of all the teeth will be experienced, especially on hard biting. This tenderness is only temporary and I recommend if required, to take some Panadol or Nurofen. Do not stop cleaning your teeth!

### Cleaning

Your braces, teeth and gums must be kept clean and free from food and plaque. A soft toothbrush and high fluoride toothpaste is recommended. You must also use floss and piksters to keep your teeth clean. Remember to focus on the teeth and gums, not just the brackets. If your gums bleed or are sore when you brush, this means you need to clean more frequently.

**It is your responsibility to ensure that your teeth are kept clean regularly and you will have to set aside sufficient time everyday to accomplish this (approx. 10mins).**

### Problems

If you suffer from sores on your cheeks or lips because of a bracket, try placing wax over the bracket. If anything pokes you, please put it back in (do not cut it!). If the wires or brackets become loose or constant irritation occurs at any time between appointments, please let us know as soon as possible so that we can take the appropriate action.

### Appointments

It is important that appointments are kept as arranged each visit. Failure to attend your scheduled appointments may result in delays to your treatment and a possible poorer result.

### What not to do

Please avoid **lollies** (hard or soft), biscuits, **confectionery (chocolates)**, caramels, nuts, corn on the cob, ice blocks, **popcorn**, hard fruit or vegetables. These will cause your brackets to come off and will lengthen the treatment time. It is also advised to minimise sweet drinks, **soft drinks**, sports drinks or Mother/V drinks as these will cause cavities (holes) and white/brown marks on your teeth.

### Playing sports

It is advisable that heavy contact sports be avoided during your treatment to avoid the risk of facial damage. Talk to us regarding Mouthguards.

### Check ups

During your treatment, it is essential that regular check ups and cleans are performed to make sure that your teeth remain healthy. This is usually included in your orthodontic fee and will be scheduled every 6 months.