

## BRACES

### CONGRATULATIONS ON STARTING YOUR TREATMENT

#### LIFE WITH BRACES

Your mouth will feel strange at present, but you'll be surprised at how little time it will take for you to get used to your braces.

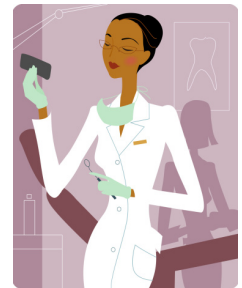
#### Brushing:

- Brush your teeth with a soft brush as we have shown you, after breakfast, lunch, dinner and after eating snacks.
- Bring your toothbrush to every visit so you can clean your teeth before you are seen for your appliance check.



#### Dental check-ups:

See your dentist regularly every six months as it is important that any sign of dental decay is dealt with promptly.



#### Eating:

- For your comfort, it would be best if you restrict your diet to only soft foods such as eggs, rice, mashed potato, chicken, fish or spaghetti for the next 2 or 3 days.
- Cut up all hard fruit and vegetables before eating as they can break off brackets e.g. corn on the cob, carrots, apples and pears.
- DON'T eat or drink sugary foods such as carbonated drinks, e.g. powerade, gatorade, coke, fanta & pepsi etc, as they form an acid which attacks tooth enamel and causes cavities.
- DON'T eat any foods that are hard, sticky, crunchy or chewy as these foods can break or loosen brackets or bands.
- DON'T chew on pens, pencils, fingernails, crunch ice cubes, chicken bones or chop bones as they can break or loosen your appliances.

#### Pain:

- If your teeth are uncomfortable during the next few days we recommend you take what you usually take for a headache (Analgesics – Paracetamol), carefully following the directions on the packet.
- Should an ulcer develop, because a bracket or wire is rubbing against your cheeks or lips do not forget you can use the orthodontic wax provided. Make sure you rinse at least 3 times a day with warm, salty water - 1 teaspoon of salt to a glass of warm water.



**Replacing bands and brackets is very time consuming and will delay completion of your treatment. If brackets and bands are repeatedly broken due to carelessness we may charge for their replacement.**

**REMEMBER** we are here to help you so if you have any problems, give us a call.