

Everyone wants to finish their braces treatment quickly. You can ensure the most efficient orthodontic treatment by taking good care of your teeth and braces.

PAIN AND DISCOMFORT

Your teeth will be sore for the first few days after the braces are fitted. Unfortunately, this cannot be avoided. "Over the counter" pain relief medication such as Panadol or Nurofen works well when taken regularly in the first few days. By the end of the first week in braces, most people would find the teeth are no longer sore.

Some mild tenderness of the teeth for a day or two is normal after an adjustment appointment. However this is mild enough not to require medication.

The braces also feel a little rough to the lips and cheeks at first. This feeling disappears after a week as you get used to the braces. Orthodontic wax can be used to cover some parts of the braces until your mouth gets used to them.

SHARP AND LOOSE BITS

No need to panic! However, please inform us as soon as practical should anything become loose, breaks or is sharp. If the damaged braces are not repaired for a long time, it may delay or affect the progress of your treatment. Orthodontic wax can again be used to cover any rough or sharp areas until you can come in to see us.

BREAKAGES & DIET

With some care, you should be able to avoid most breakages. There are no special restrictions in diet for people in braces treatment. However, it is best to try and avoid particularly hard or sticky foods. Examples of things to try and avoid are: minties, toffees, sticky chocolate bars, biting on pens or pencils, and crushing ice cubes with teeth.

Some hard, crisp foods can still be consumed, if they are cut, sliced or shredded. For example: apples and carrots. It is also a good idea to strip meat off bones before eating, as you may inadvertently bite onto the bone.

CLEANING

It is recommended to clean and brush your teeth using soft tooth brushes following every meal (three times a day). It is important to clean every area of the teeth, under wires, around brackets and right up to, and including the gum line. We are happy to show you the right technique.

We definitely do not want any unsightly white patch marks or decay in any of your teeth at the end of treatment!

ELASTICS

If asked, please wear your elastics as instructed. The elastics are a vital part of your orthodontic treatment, if we are to reach the end result. It is needed to correct the bite, so that your upper and lower teeth meet together properly. Poor elastic wear will prolong your treatment time.

Please make sure you have sufficient supply, and keep some elastics with you at all times to replace any snapped or broken elastics.

FLUORIDE

Fluoride will help strengthen your teeth against decay. Fluoride is present in the tap water, and also in your regular tooth paste. However, you may wish to consider using a Fluoride mouth rinse to help resist decay. The best time to use fluoride mouth rinse is after you have brushed your teeth just before going to bed.

We encourage all patients to continue orthodontic retention, for as long as they desire straight teeth and a great smile.

APPOINTMENTS

Braces need to be adjusted regularly if the treatment is to proceed smoothly and efficiently. Should you need to miss or cancel an appointment, please contact us as soon as possible to reschedule, as appointments may not be available for some time.

DENTAL CHECK-UPS

It is still necessary to continue seeing your dentist regularly for routine dental check-ups throughout the period of orthodontic care.