

PATIENT CARE

Congratulations! You are now on your way to creating your beautiful smile. There is some information that you need to help you along the way on your journey.

Tooth Brushing

Oral hygiene while having braces treatment is extremely important not only for now but for the future. Brushing with braces will take more time and care on your behalf as there are more areas for food and bacteria to get trapped. Over time this will become easier. Practice makes perfect!

- It is important to brush 3 times per day
- Use your Christmas tree brush daily
- Floss as often as possible
- Using the disclosing tablets will also help you maintain great brushing skills.

Wax

Wax is provided to you during treatment to help ease any discomfort that may occur. The braces may rub and irritate your cheeks and wax is designed to work as a band aid in these areas. Warm saltwater rinses can also help with the healing of ulcers. Give it time and your body will adjust so the presence of the braces and ulcers will lessen.

Extra Appointments

Should any issues arise during treatment, such as broken bands, we are happy to see you for an extra appointment. It is best to call ahead and schedule an appointment for these visits. Peak times are between 3pm and 5pm so it may be difficult to see you in the late afternoon period.

For many of these appointments you will be seen by our Dental Therapist. They work alongside the Orthodontist to better care for your teeth.

Diet

Your diet is important, and it is essential that you follow these recommendations to ensure the best outcome of your treatment:

- Avoid any hard sticky and chewy foods. These foods include lollies, chocolate bars, bubble gums, hard biscuits, ice, etc.
- Other foods to be wary of are raw fruits and vegetables (cut into bite size pieces), corn on the cob, meat off the bone, etc.
- Consumption of any food or drinks high in sugar may compromise the short term and long term health of your teeth. So any soft drinks or cola flavoured items need to be avoided to get the best result possible.

The first few weeks of braces...

You may experience tenderness, change in speech and extra saliva. This is normal and will improve with time. We advise taking some Panadol or Nurofen as recommended on the packet and a soft food diet over the next week.

