

PATIENT CARE

This appliance is designed to gently widen your upper jaw. You may notice that some spaces may appear between your teeth, this is to be expected and these spaces will be closed as your treatment progresses. The way you talk and eat may also be altered.

Good oral hygiene is very important now that you have an appliance cemented in the roof of your mouth. There are more areas for food and plaque to become trapped. Focus on the bands around your back molars and the roof of your mouth when brushing. We will monitor and educate you on brushing throughout your treatment.

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.

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.

