

# Braces Instructions

## Foods to Avoid:

In the first few days and after each adjustment you may feel some discomfort and tenderness of your teeth and gums.

To help with this discomfort we suggest a soft diet for the first 10 days and then you can try going back to your normal diet.

It is important to avoid chewy, sticky or hard foods like bubble gum, lollies (like redskins, minties or snakes) or apples... this includes avoiding chewing on pens, pencils and fingernails!

For a soft diet we suggest having pureed fruit, yoghurt, mashed vegetables or soup, otherwise it is a good excuse for some ice cream!

## How to Brush:

Maintaining good hygiene requires special care while you are undergoing orthodontic treatment. As you eat, your teeth and appliances collect food. If the food is left in the mouth, especially overnight, a thick plaque forms on the teeth and gums. This plaque causes tooth decay, decalcification markings on the teeth and could lead to gum disease.

Bleeding and swollen gums are usually a sign that plaque is not being removed. If your gums are swollen, your teeth will not move into their new positions as easily and you will experience more discomfort.

Follow these guidelines for a clean healthy smile during your orthodontic treatment:

- Use a soft bristle brush with a small amount of toothpaste. Place the toothbrush where the gums and teeth meet.
- Use circular, vibrating motions around the gum lines. Ten seconds on each tooth.
- Brush slowly, each arch separately, every tooth.
- Brush the lower teeth—slanting the toothbrush up, and the upper teeth—slanting the toothbrush down. Brush your tongue and the roof of your mouth too!

Remember to brush when you wake up, after every meal and before you go to sleep!

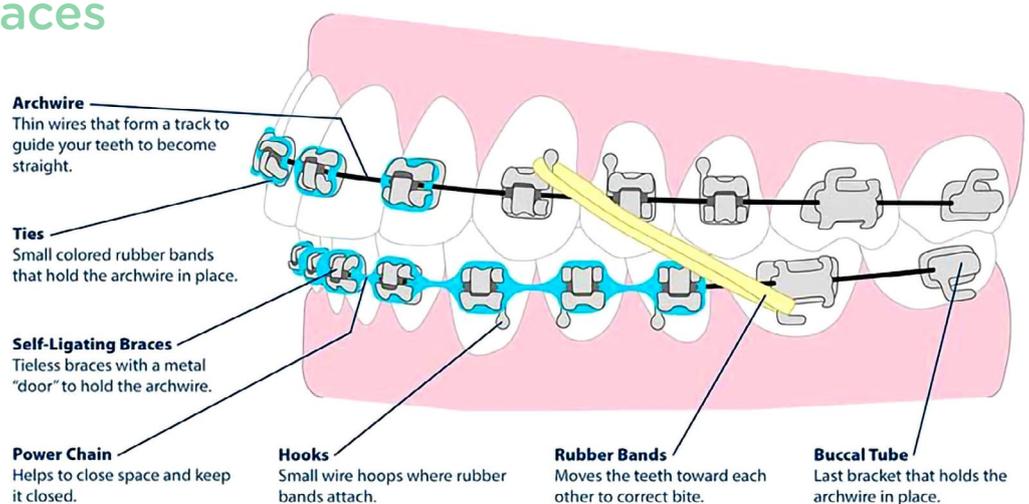
## How to Floss:

- Carefully guide dental floss between the brackets and under the wire. A floss threader is helpful.
- Floss carefully around the braces.
- Floss carefully around the gum area.
- Floss carefully around each tooth.

## Parts of Your Braces

If you feel like something has broken or come off - call us straight away.

Have a look at the picture to the right to try and describe which part of the braces you think it might be.



## CONTACT US: