



Care and Maintenance Instructions for Braces

Congratulations on having your braces fitted. This is something to be proud! From now on you will need to be meticulous with the care and cleaning of your braces to ensure your treatment progresses quickly and smoothly. You may have some tenderness over the next few days. A mild analgesic such as Panadol or Nurofen will help to relieve any discomfort. We also recommend a softer diet for the first few days, just while you are getting used to the braces.

Brushing is more important than ever. Be sure to concentrate on the area between the braces and the gums. This is where plaque collects and builds up, causing bleeding of the gums and areas of decay if not regularly removed. Place your brush horizontally and brush above and below the braces, angling the bristles up and down to ensure you get right in beneath the wires.

Use of floss twice a day is recommended. Thread the floss under the wire, pull between the teeth, and move up and down to clean hard to reach areas.

Brush your teeth for 3-5 minutes after each main meal and a quick brush after every snack. This means taking your tooth brush to work or school and brushing after lunch.

Between meals, any food that contains sugar (natural or added) should be strictly avoided. Meal times are not as critical and normal diet can be followed.

Hard foods should be eaten with great care as they will damage and break the appliances. If you have foods such as raw carrot, apples and tough meat, cut these into small pieces and chew on your back teeth. You can no longer eat anything too sticky or sweet (e.g. minties, redskins, fantails etc) as these can also brake the braces.

In general keep objects such as pencils, pens and fingernails out of the mouth. Do not fiddle with the braces.

Should you suffer from any mouth ulcers or have any sharp bits digging into lips or cheeks, use the wax provided in your braces pack. Dry the area and break off a small piece of wax and roll between your fingers until warm, then mould the wax around the spot as if using plasticine. This is a temporary measure and should not be used continually.

If there is something on the braces that is troubling you, or has broken please call our surgery as soon as possible to arrange an appointment to have this repaired. It is a critical part of your treatment that we keep your braces working as efficiently as possible. Therefore broken braces will mean that your treatment may take longer than anticipated. With your cooperation we will achieve the best result possible. Be sure to visit your dentist every six months during treatment.

Be sure to keep all appointments and arrive on time to appointments to ensure there is no delay with your treatment.

Twenty four hours is appreciated if you wish to cancel or change an appointment.

If you have any questions please do not hesitate to call us.

Get to know your Braces

