



Care and Maintenance of Braces

Congratulations on having your braces fitted. This is something to be proud of! 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 but a mild analgesic such as paracetamol or ibuprofen will help to relieve any discomfort. We also recommend a softer diet for the first few days - just while you are adjusting to the braces.

- Rinse with water or use the water irrigating device provided after meals and before brushing to remove debris.
- Floss at least once a day at night. Thread the floss under the wire, pull between the teeth, and move up and down to clean hard to reach areas.
- Use a fluoride rinse - after brushing and before bed rinse with fluoride mouthwash to help keep teeth strong and healthy.
- Between meals, any food that contains sugar (natural or added) should be avoided. Mealtimes are not as critical, and a normal diet can be followed.
- Should you suffer from mouth ulcers or have any sharp bits digging into lips or cheeks, use the wax provided and roll between your fingers until warm, then mould the wax around the sharp spot. This is a temporary measure and should not be used continually. (Make an appointment)
- Brush teeth, not brackets. Brush your teeth for 3-5 minutes after each main meal and a quick brush after every snack. This means taking your toothbrush to school and brushing after lunch.
- If your gums bleed or are sore when you brush, this means you need to clean more thoroughly and more frequently.
- Hard foods should be eaten with great care as they will damage and break the appliances. If you have foods such as raw carrots, 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, Red Rippers, Fantails etc) as these will also break the braces.
- In general, keep objects such as pencils, pens, and fingernails out of the mouth. Do not fiddle with the braces.

- 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 and broken braces will mean that your treatment may take longer than anticipated. With your cooperation we will achieve the best result possible. Therefore, in case of broken brackets, wires, or loose bands contact us on (03) 5452 1867.

Good Luck!!