

Congratulations!

Welcome to your Fixed Orthodontics - in your case, Braces! The team at The Practice Modern Dentistry & Facial Aesthetics understands starting orthodontic treatment may feel a little daunting, but it doesn't need to be. Committing to orthodontic treatment is an investment in having a healthy, functional bite and beautiful smile. The success of orthodontic treatment is dependent on the care of your teeth. Taking care of your braces will help avoid dental disease and extra visits to the dentist. Here's everything you need to know about your journey!

What are Braces?

Braces are an intricate procedure performed by Dental professional to assist with the alignment of teeth and jaw. Braces work by exerting a force on your teeth and jaws over a period of time. As a result, some discomfort can be experienced during your treatment, this is to be expected.

Facade Option



Ceramic Braces



Metal Braces

Orthodontics

What happens once Braces are fitted?

As with all orthodontic appliances, braces will take a little time to get used to. Braces can take up to one to three weeks to start feeling familiar in your mouth. Once braces have been placed, implementing the necessary changes to your oral health regime is vital for succession with your orthodontic treatment.

How to Brush

Careful cleaning is required with braces, because plaque bacteria are easily trapped inside and around them. Take care to brush carefully around the brackets and near the gum line. If plaque accumulates around your braces it can leave permanent stains or marks on your teeth called decalcification. These marks remain on your teeth for life!

The following procedure will make daily brushing and flossing both simple and effective. Prepare to brush. Take off any removable elastics (you may or may not have these) and any other removable parts of your orthodontic appliance.

- Clean your braces. Hold your brush at a 45-degree angle to clean around the wires and pins of your braces. Brush from the top of each wire down to the bottom. Take your time to ensure that all plaque and debris are removed, and that you work all the way around upper and lower teeth.
- Brush your teeth. Clean each tooth individually. First, place your brush at a 45-degree angle the gum line, then apply gentle pressure as you move in a circular motion. Do this for about 10 seconds. Use the same brushing action on all outer and inner tooth surfaces, tilting the brush as needed to better reach the insides of smaller front teeth.

Flossing

Flossing with braces on is possible. Yes, it takes a little longer than flossing without braces, but it is extremely important, as brushing alone will not remove all the plaque and food from around your braces. Although flossing with braces is tricky at first, with practice, you'll very quickly refine your technique. For best results:

- Use waxed floss - it slides more easily and is less likely to shred in braces
- Superfloss is a good option. Products like flossettes are not recommended.
- Use enough floss - about a ruler length (30 cm).
- Thread floss carefully under the archwire of braces before passing it between two teeth.
- Use interdental brushes between braces to clear out trapped food
- Floss down just under the gum line.



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- Remove the floss and pass it under the archwire again, between the next two teeth.
- Be careful not to pull the floss up or down too hard as you may injure your gums or break the archwire.

It is recommended parents assist younger children with flossing, noticing particularly the requirement to thread floss under the archwire.

Will braces affect my Speech?

In many cases, yes. However; once your tongue and lips get used to the braces, you will be able to adjust and speak normally again. Braces don't affect the tone of your voice. A slight lisp may be experienced but disappear after time.

Loosening of Teeth

This is to be expected throughout treatment. Don't worry! It is completely normal. Teeth must first loosen so they can be moved. The teeth will again become rigidly fixed in their new corrected positions.

Pain Relief

While your teeth are sore, it is recommended you eat softer foods (cold foods often provide more relief too!) and taking pain relief, such as paracetamol or ibuprofen. Remember, the discomfort will subside after the initial movement has taken place.

Eating

After the first few days of treatment your teeth will feel a little tender. During this time, you may want to stick to soft foods. After 2 to 3 days, you will find all discomfort gone and continue to eat normally again. You may also feel some soreness or tenderness when the wires are tightened.

Diet

During braces treatment it is recommended sweet, sugary, sticky and hard foods are avoided. These foods increase the chance of decalcification and decay. They can also cause problems with braces, including breakages. Food that should be avoided altogether and while the list below is by no means comprehensive, it will give you a few ideas about what to stay away from:

- Hard or chewy lollies, such as Minties, Fantaes, Redskins, Chewy Caramels, toffees, lollipops, popcorn, and nuts. Includes Chewing gum!
- Ice - Rather than crunching ice, suck it instead.
- Meat on bones, fruit on stones, and corn on the cob. Cut first and then eat it in bite-sized pieces.
- Hard foods - Rather than biting into hard foods, such as apples and carrots, cut them up and chew with back teeth.

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- Avoid foods with strong colours, this can stain your braces. Eg. 2-minute noddles, curries, red wine etc
- Biting fingernails - Surprisingly, biting on fingernails can also break brackets. If this is a habit you've been trying to break, commencing braces treatment is the perfect time to give it up!

When it comes to food, the best guideline to follow is; If you think it's too hard or sticky, it probably is!

Breakages

During the process of your orthodontics, you will experience a lot of breakages especially in the first few months! This is to be expected and a part of your Orthodontic journey.

If something does break:

- Remove anything loose from your mouth if you can
- Use your wax to stop anything digging in. If the wax does not stay on, put it under warm water to help soften the wax.



Breakages are a common occurrence and are ok if they are to happen. You will only need to contact the office if you are experiencing extreme pain or more than a few brackets have broken in the same area and we will arrange to see you to fix the problem. Broken brackets will not affect your Orthodontic journey.

Your next appointment

For most patients, appointments begin at 4-8 week intervals. As treatment advances, it is likely appointments will become more frequent or extend out to ensure spaces can be closed effectively and the finishing touches can be put on your beautiful smile! If you are unsure about any part of your treatment, for example, if anything comes loose or is uncomfortable, please call our office before your scheduled visit and we'll assess whether an additional appointment is required.

How long does braces treatment last?

Everyone's teeth are different, which means there is no simple answer to this question. When planning your personalised treatment program, we do our very best to straighten teeth and correct any bite discrepancy in the shortest possible time. Because we're working as a team, you can do your bit to have your braces removed 'on time, by:

- Avoiding breakages to your braces

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- Maintaining great oral hygiene (brushing and flossing as instructed)
- Wearing elastics as instructed (if applicable)

Keeping appointments is also key to minimising the braces treatment time. When appointments are missed or postponed, treatment times can be extended.

Take Care!

For further information regarding appliance care please contact

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