

# orthodontics exclusively

Sydney's Premier Orthodontic Partnership

## Instructions for Braces

### Brushing

Clean your teeth for 3 minutes, 3 times a day (morning, lunch/after school and night). A toothbrush with a small head and soft bristles is preferable.

#### Technique for MORNING and LUNCH brushing:

- Thorough brush, concentrating on the area where the gums meet the teeth and around the brackets

#### Technique for NIGHT brushing:

- Thoroughly brush teeth for 3 minutes
- Concentrate where the gums meet the teeth and around the brackets
- Angle the toothbrush towards gum line, gently brush away the plaque on the tooth
- When finished, spit out but **DON'T RINSE** your mouth with water. This will leave toothpaste with fluoride on the teeth and help to prevent decay.
- **Use of Superfloss and Interdental brushes** - Superfloss can be threaded in between teeth or under the wire. Interdental brushes can be pushed directly in between the teeth.
- **Practice flossing every night after brushing.**

### Eating

- Softer foods and smaller mouthfuls for the first few days
- Plenty of fresh fruit and vegetables either grated/cooked/blended
- **Avoid** hard foods, soft drinks and lollies
- Do not suck on lollies or chew pens
- Breakages slow treatment down and lollies can cause decay

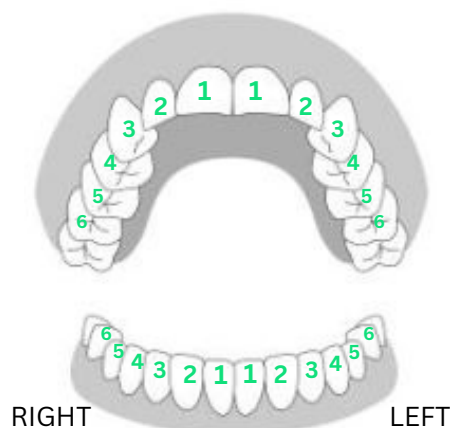
### Things to Consider

During the first 72 hours you might experience some discomfort, so we recommend you take your usual painkiller, e.g. Neurofen, Panadol.

Your cheeks, tongue and the inside of your lips might develop a few cuts and ulcers. To overcome this, cover the bracket or the wire with a piece of wax and apply some numbing gel on the affected area (numbing gel and wax are provided by us).

RIGHT

LEFT



comments: