

FOODS

For the entire time of your orthodontic treatment we ask that you stay away from any

- **HARD or STICKY lollies** like mintes, toees and redskins
- **Ice**
- **Muesli or fruit bars**

As these may cause damage to the braces – you can potentially loosen, break or bend wires and bands.

The best thing to do is avoid biting into anything on your front teeth such as apples, **carrots, corn on the cob, ribs, steaks**...etc. Anything you would normally eat on your front teeth, **cut it up into smaller pieces and chew it with your back teeth.**

Best things to eat are rice, pasta, noodles, soups, basically foods that you normally eat as long as it is not crunchy on your front teeth.

Keep an eye on things you may eat with food colouring in them, as certain foods such as **curry, pasta sauces and cordial** may change the colour of your ligatures/elastics. But don't worry too much if they stain, we will change them at your next appointment.

Anytime you have sweets in your mouth such as soft drinks, cordial or fruit juices, rinse your mouth with water afterwards.

EMERGENCIES

If a bracket or ligature comes off, or a wire is too sharp, don't panic, just place a small amount of wax on that area. If it is giving you pain or you are worried then give us a call, if it is not hurting you then leave it until your next visit.

We recommend that you continue to see your general **dentist for your regular 6 monthly check-up and clean.**

You may notice our hygienists Tina and Alya, they have both completed a 3 year university course and will assist Dr Mew Sum and Dr Fong in putting on your braces.

If you have any questions after you leave feel free to give us a call or ask one of the staff here at any time. Just remember **cleaning your teeth is essential as well as choosing the right foods to eat.**

We have a **Facebook** page, "LIKE" us, there are some great links to some videos they may help you with caring for your braces.

Give yourself a good week or two to get used to your braces as it might feel different eating and talking initially.

TOOTHBRUSHING INSTRUCTIONS

This pamphlet will discuss the **importance of good oral care** while you are wearing braces and how to keep your teeth healthy and clean during treatment. The brackets, bands and wires that make up your braces will make it more difficult to keep your teeth clean because there are more **places to trap food and plaque.**

Plaque is the white or creamy build up that forms on your teeth, it's made of lots of bacteria which can cause problems in your mouth such as:

1. **Tooth decay:** Permanent white spots, brown spots or holes in your teeth
2. Gingivitis: **gum problems** - where the gums bleed or are swollen

TOOTHBRUSHING

You need to brush your teeth **twice**

1. Before going to bed at **night**

twice

3. **times**

brush
teeth
twice
times
day

brush
teeth
twice
times
day

brush
teeth
twice
times
day

brush

1. **brush** - using **toothpaste**

brush

brush

brush

brush

brush

braces

3. **times**

brush **ALL** **teeth** **twice** **times** **day** **at**
brush **teeth** **twice** **times** **day** **at**
brush **teeth** **twice** **times** **day** **at**

brush

brush **teeth** **twice**
brush **teeth** **twice**
brush **teeth** **twice**

INTERDENTAL BRUSHES

brush
teeth
twice
brush
teeth
twice
brush
teeth
twice
brush
teeth
twice
brush
teeth
twice

FLOSSING

floss **twice** **day** **at**
floss **twice** **day** **at**
floss **twice** **day** **at**
floss **twice** **day** **at**

SUPERFLOSS

floss
floss
floss
floss

TOOTHPASTE

brush **teeth** **twice** **day** **at**
brush **teeth** **twice** **day** **at**
brush **teeth** **twice** **day** **at**
brush **teeth** **twice** **day** **at**

brush **teeth** **twice** **day** **at**

brush

brush

brush

You can use any **toothpaste**

brush

MOUTHWASH

brush **teeth** **twice**
brush **teeth** **twice**
brush **teeth** **twice**

brush **teeth** **twice**
brush **teeth** **twice**
brush **teeth** **twice**

brush

brush

brush

WAX

brush

