

## ON COURSE FOR A NEW SMILE

It is always good to have a Dental check before you start your orthodontic treatment (If you have not had one in the last 6 months).

Now you have decided to improve your smile, some helpful information for you to read.

Your first appointment of 15 minutes will involve taking records of your mouth and putting separators (spacers) between your back (molar) teeth in preparation for your braces. The separators may make your teeth hurt for up to 3 days. Treat this as you would a headache, with a pain reliever of your choice.

Your second appointment is longer (45 minutes to an hour) and you need to be comfortable eg. leave hair untied or in a low ponytail, as you will be lying down for some time. You will be given safety glasses and a protective bib to wear. Any remaining spacers are removed and then we polish your teeth with a rubber cup and paste.

Next we fit the bands on your molar teeth, and then glue them on. The glue we use is sour because it has fluoride in it to protect your teeth. You will be able to rinse.

To glue the braces, we have to keep your teeth very dry. We use a cheek retractor and bite block. We will put a blue gel cleaner on your teeth. The gel cleaner comes in a syringe with a needle type tip on the end for easy application. This is not a needle! After a minute, the blue gel is washed off and the teeth dried ready for your braces.

The glue is put on the clean spot and each bracket is placed individually on your teeth that are having braces. Sometimes for comfort or bite reasons, not all the lower braces will be put on. The remainder of the braces will be placed when teeth have moved to provide space.

Lastly, wires are put into the braces and tied in with a small plastic loop. This is when you may choose a colour. You are given a fruit juice to take the flavours away and instructions on how to look after your teeth and braces.

You will not be able to eat/chew for 2 hours afterwards, so fill your tummy up before you come and see us. Remember - food and drink that don't need chewing for the first 2 hours after braces.

**REMEMBER**, there are **NO** needles and **NOTHING** hurts.