

WELCOME TO BRACES.

STARTING OUT

For the first 2 hours you are to eat nothing, but you can have drinks and extremely soft food such as ice cream, custard or yoghurt. For the next 24 hours, eat soft and mushy foods (such as noodles, soup etc) this is to allow the adhesive to strengthen.

It is normal for your teeth to be sore for 2 or 3 days after your braces have been fitted. A mild pain reliever such as panadol (or what ever you would usually take for a headache) may be wise at bedtime or when your teeth become sore. If you are still uncomfortable after a week, please check with us to see if there is anything that we can do to relieve the discomfort that you are experiencing.

CLEANING

Now that you have your braces on you must keep your teeth very clean. There are a lot more areas for food and plaque to hide in your mouth and cause decay. This means you must clean your teeth after every time you eat something. This also means you will need to take your toothbrush to school and brush there. Toothpaste at school is not necessary, use your brush and some water to remove any food stuck in the braces and then use toothpaste at home. A good clean with toothpaste is recommended twice a day. Clean a couple of teeth at a time and work your way around your mouth. A circular motion is good to start with but do not be afraid to use your brush on a variety of angles to reach all the areas behind your brackets and wires. Because flossing is not as simple with braces, we recommend an Interdental brush to help with brushing.

WAX

Use the wax on any bracket or wire that is worrying you. Dry the area first with a tissue or by sucking or blowing air onto the area. Roll up a small ball about the size of a pea and squash it over the problem area. Take the wax off when you are eating and cleaning your teeth and replace it after you have finished. It is best to wear the wax at night on the problem area, to give your gums time to heal. If you swallow the wax, it will not hurt you.

DISCLOSING TABLETS

1. Brush your teeth as you normally would, until you think you have them clean.
2. Chew up a tablet with a little bit of water until it has all dissolved in your mouth.
3. Carefully spit it out into a sink (it can stain bathroom bench tops). Do not swallow. Your tongue and lips will stay pink for around 4 hours so do this before bed.

4. Have a look in a mirror. If there are any pink spots on your teeth that is plaque. If plaque is not removed you will get holes in your teeth.
5. Brush off any of the pink spots with your brush and some water until they are shiny and white.

If you have clear braces only use the disclosing tablets before your next visit. The red dye will stain the clear loops on your braces.

Now that you have braces on you will have to change your eating habits.

EAT ME CAREFULLY

If you need something to chew on:
“Extra Sugar Free Non-Sticky Chewing Gum
Apples
Raw Carrots
Meat-Steak, Chops
Bread Rolls

Make sure that these foods are cut into small pieces that can be chewed on the back teeth without biting into a large piece.

You can still have some sweets such as ice cream, soft Dairy Milk Chocolate (not from the fridge) e.g. Flake etc., but have them all at once at night and then brush your teeth.

DO NOT EAT ME

Hard Sticky Lollies – Mars Bars, Minties, Toffees, Redskins
Bubble Gum
Ice Cubes
Hard Ice Blocks
Pork Crackling
Hard nuts
Corn Chips
Muesli Bars & Roll-ups