

## Instructions for Braces

Taking care of braces is simple once you get used to it and follow the rules of what not to eat and make sure you are always brushing properly!

The biggest rule with food and braces is **NOTHING HARD, STICKY OR CHEWY!** as these types of foods can break the brace! Every time you break your brace you can add up to 2 months to your treatment time which can significantly lengthen treatment over time. If you want to get your braces off sooner rather than later, please avoid these types of foods, as well as putting anything in your mouth such as pens or biting nails as this will also break the brace.

Every time you brush your teeth you should be spending at least **4 MINUTES** and you should be doing this **THREE TIMES A DAY** (or whenever you eat) when in braces making sure to use all the different brushes provided in the **CLEANING KIT** which can be found reception.

It is particularly important to make sure you are using **SMALL BRUSHES** such as the single tufted brush provided in the kit or small interdental (tepe) brushes to make sure you are cleaning behind the wire and around the brace as your normal toothbrush cannot reach these areas.

**FLUORIDE MOUTHWASHES** are a great way to help protect teeth from getting any cavities and are a good addition to your oral hygiene regime, use them only once a day and at a different time from brushing your teeth.

When the braces are initially fitted, it can take some time for the mouth to get used to it. During your period of adjustment to the brace, you may find that some of the brackets can feel like they are rubbing on the inside of your lips and cheeks, or you may also find that the wire can feel like it is poking you. If at any point you feel like this is happening, you need to use the **WAX** that is provided in the kit. Just take a small piece, roll it into a ball and stick it on the area of the brace that is bothering you. Replace this piece of wax as and when needed.

Lastly, if anything breaks during treatment, such as the bracket coming off or the wire sticking out, do not forget to give us a call for an **EMERGENCY** appointment. Emergency appointments are at specific times each day and are provided either the same day or within the next couple of days depending on the emergency.

If you play any contact sports such as netball, football, rugby, hockey etc please make sure you use a **MOUTHGUARD**.

Just follow the rules and you will end up with a fantastic smile we promise! **GOOD LUCK!**