

what we give you today

- Toothbrushes: Soft toothbrushes to help keep your teeth and braces clean. The travel one can be kept in your bag or in a car, so you always have one with you.

- Wax: To use the wax, make the area opposite the ulcer really dry by using a tissue or cotton roll. Break off half a pea size piece of wax, roll into a ball and lightly push onto the metal part that is rubbing. The wax can stay there for a day but should be changed daily. It should also stay in place while eating.

- 4 disclosing tablets: Use once a week for the first month. These are used to help you identify problem areas with your brushing by staining left-over food and plaque a dark pink colour. After brushing, chew on one tablet until it dissolves then rinse. Look in the mirror and notice any areas stained pink; these are areas you have missed! You now need to go back over and make sure to brush all the staining off.

- 3 minute timer: Use to ensure that you are brushing for the correct amount of time.

- Interdental brushes: To use every night after brushing.

You can purchase more products from our reception desk.

remember

If your braces are broken or something feels uncomfortable, please call us immediately so we can arrange an appointment for you.

It is also very important to keep up with your 6 monthly dental check-ups whilst undergoing orthodontic treatment. Each 6 month check-up and clean with your general dentist is redeemable for additional TOP reward points at The Ortho Practice. Simply bring your dentist's business card in to us after your check up/clean in exchange for points!

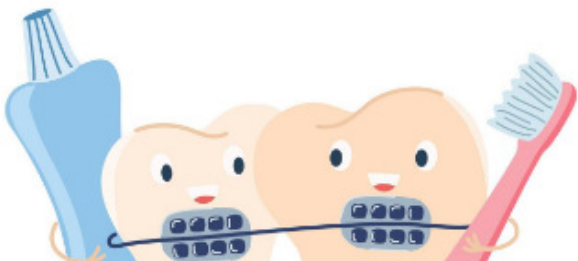
Instructions for braces-on pack



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welcome to your braces-on pack

This pack is designed to get you started on your journey to the results you want.

You will find information on everything you need to know about keeping your teeth and braces clean, which will assist in achieving the best result for you.

4 basic rules to success

1

Take good care of your braces.

2

Watch how and what you eat.

3

Keep your teeth and braces clean. Brush at least 3 times a day, especially at night for at least 3 minutes. This includes seeing your Dentist for regular check-ups.

4

Follow instructions as given. If for any reason instructions can not be followed **PLEASE** let us know as soon as possible.

important to know

Eating the correct foods and minimising sugar intake is essential during your orthodontic treatment. Your braces are precious appliances that can be damaged by eating the wrong foods. Some sticky and hard foods can loosen or dislodge your braces, while a diet high in sugar can cause tooth decay and permanent staining.

foods to avoid

- Popcorn
- Bubble gum
- Chewy lollies (e.g. toffees, minties, fantails)
- Nuts
- Hard lollies and lollipops
- Cold chocolate, nougat and caramels
- Sugary drinks (these include fizzy drinks, juice, cordial, flavoured milks and sports drinks).
- Hard biscuits and crackers
- Muesli bars
- Ice cubes, not to be chewed on

Sugary drinks include fizzy drinks, juices, cordial, flavoured milks and sports drinks/water (even the diet equivalent). Ensure that if you do drink one of these high sugar drinks, you thoroughly rinse your mouth with water or brush in and around your braces. Water and plain milk are highly recommended.

foods to be careful of

- Apples, do not bite into an apple whole, cut into small pieces
- Carrots, grate, boil or cut into small pieces
- Steak and chicken, cut into small pieces, do not bite meat straight off the bone
- Fruits, remove the seed/s
- Crunchy bread rolls
- Olives, watch out for pits
- Pizza, cut into small pieces

habits

It is important to break habits such as biting your nails and pens, biting to open plastic packaging and bottles and opening bobby pins with your front teeth. This way you will greatly lessen your chance of any breakages.

water

Clear is cool! There is nothing better you can drink than plain old fashioned water during your treatment. Drinking and/or rinsing with water after meals can help dislodge food trapped in and around your braces, as well as neutralise the acid in your saliva.

Drinking 8 glasses of water a day is great for your body, great for your brain and great for your teeth because it dilutes all of the acid created by the plaque in your mouth and helps prevent cavities.

