

## CARE OF YOUR BRACES

It's a good idea to have a look at your braces so you have an understanding of all the different parts. If you have a problem with your braces refer to the diagram below to help describe what the problem is when you call us.



- 1 BRACKET:** The silver attachment glued onto your tooth
- 2 ARCHWIRE:** A removable wire that fits into the bracket slots
- 3 MODULE:** Plastic ring that ties the arch wire into the brackets
- 4 HOOK:** A hook extending off the bracket used for wearing elastics
- 5 BAND:** A metal ring with a bracket

To achieve the best outcome in the quickest time:

- Attend all your appointments.
- Keep your teeth, gums and braces clean and healthy with good brushing daily.
- Avoid any breakages by eating the correct foods, chewing carefully and slowly to prevent damage.
- Wear your elastics (if necessary) as instructed.

SCAN FOR MORE INFORMATION



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# CARE OF YOUR BRACES

**1300 SMILES**  
Orthodontics

## WHAT TO EXPECT

- Your teeth can start to ache and feel tender to bite down a few hours after the braces have been put on. This will take a few days to settle.
- Pain relief can help ease any discomfort. Nurofen is recommended due to its anti-inflammatory actions, however only take products you are familiar with.
- Eat soft foods during the first week to help ease discomfort. These include soups, pasta, yoghurts, scrambled eggs.
- Pain is likely to come and go during your treatment, this is a result of your teeth moving and is completely normal.
- As your teeth align less wire is needed, sometimes this results in a wire poking out the back towards your cheeks, if this happens please make an appointment for us to trim the wire off to stop any irritation.
- Your cheeks can feel irritated from the braces and may cause an ulcer. If a section of your braces is constantly rubbing your cheeks, use the wax we provided you with. Dry off the area with a tissue, using a pea sized amount of wax firmly press it onto the brackets.
- Most often breakages are caused by eating the wrong foods.



## FOODS

Your braces can be broken or damaged by eating the wrong foods which will add time onto your treatment.

Whole fruits and vegetables such as apples and carrots are fine to eat, but should be cooked or cut into small pieces. Do not bite into them whole as this can break your braces.

Any sticky or chewy foods high in sugar should be avoided during orthodontic treatment. Sticky lollies such as Fantails and Roll ups stick to your braces and are likely to break the brackets.

Avoid any hard foods such as nuts, ice, crunchy biscuits, popcorn. Don't bite your fingernails or chew on pens. Also avoid sugary fizzy drinks or sports drinks as these can cause damage to the enamel of your teeth.



## BREAKAGES

ANY breakage means your braces are not working properly and WILL add extra time to your treatment.

If you have a breakage, call the surgery to make an appointment. We will fit you in as soon as possible.

We understand you have commitments and try our best to accommodate you, however; we avoid SQUEEZING patients in as this causes disruption and delays for patients with regular appointments.

If you are due for an adjustment within a few days and you notice a breakage please ALWAYS call us and let us know, it takes longer for us to fix breakages and we do not want to keep others waiting for your breakage.

**Excessive breakages will prolong your treatment and will also incur extra costs!**