



Looking after your teeth & fixed appliances

You must cut up hard, tough, and crunchy foods before eating them. Do not bite into French bread, crusty rolls, apples or raw vegetables. Do not eat sticky sweets or toffees.

These damage your brace & each breakage means your treatment will take longer to complete.

Angle the bristles of your toothbrush, or electric toothbrush, into the gums and brush gently from side to side or in small circular movements. The gums around every tooth must be cleaned in this way to prevent gum disease during treatment.



IMPORTANT ADVICE AND INSTRUCTIONS



It is very important to keep the brace perfectly clean where it is stuck onto your tooth. Your normal toothbrush can clean the top and bottom edges of each bracket.



You will need a 'bottle-brush' to clean the edges of every bracket on every tooth beneath the straightening wire.



Your teeth may look clean after you have brushed them but disclosing tablets, or Plaqsearch disclosing solution, should be used on a regular basis to reveal any plaque that has not been brushed away.

BEFORE

One tablet should be chewed for about a minute after you have cleaned your teeth. Then rinse your mouth thoroughly with cold water and examine your teeth in a mirror.

AFTER



Any areas that have not been cleaned effectively will show up as dark staining as in the picture above. You must brush your teeth again to remove all of this stained plaque. If you do not do this, with time, your teeth may slowly decalcify as shown in the pictures overleaf.



The white marks on the teeth are areas of decalcification where the enamel has become permanently marked as a result of poor and ineffective tooth-brushing

Do not eat sweets, biscuits or chocolate between meals.

Your teeth will decay around the brace and may need fillings at the end of treatment as shown here:



Colgate Fluorigard Daily should be used every evening after brushing your teeth.

You must use this mouth-rinse for the whole duration of your treatment

Your teeth may be uncomfortable for the first four days of orthodontic treatment. A mild analgesic such as paracetamol is helpful during this period.



Good cleaning and a good diet give you great teeth

PLEASE TAKE CARE

All of these necessary oral hygiene aids are available for sale from our reception desk

If your brace is rubbing the inside of your lips or cheeks you should mould a small piece of wax over the appliance. This will ease discomfort as your mouth gets used to the new brace.

A broken brace is not an emergency but you will need an extra appointment to have it repaired.

If you have any problems at all please telephone 01622 737666 or email info@ggoc.co.uk

