

Instructions for Orthodontic Treatment

What to expect

It is normal to develop tenderness and discomfort in the teeth and mouth after the initial placement of braces, wire changes or tightening of the braces. We therefore recommend all patients to take **only Panadol** and not Nurofen/Ibuprofen (which slows the movement of teeth) an hour before each appointment and continue doing so every 4-6 hours or as required for up to 4-7 days after each orthodontic appointment.

Ulcers can occur from the brackets rubbing on the cheeks and lips, sparingly apply the supplied wax over the bracket when required, over time the tissue gets stronger and ulcers will no longer occur, just like a new pair of shoes causing blisters.

You may also find that you are salivating more than usual and that your lips feel more protruded than usual. These are perfectly normal responses to something that is foreign to your mouth and will self-settle given a few days to weeks.

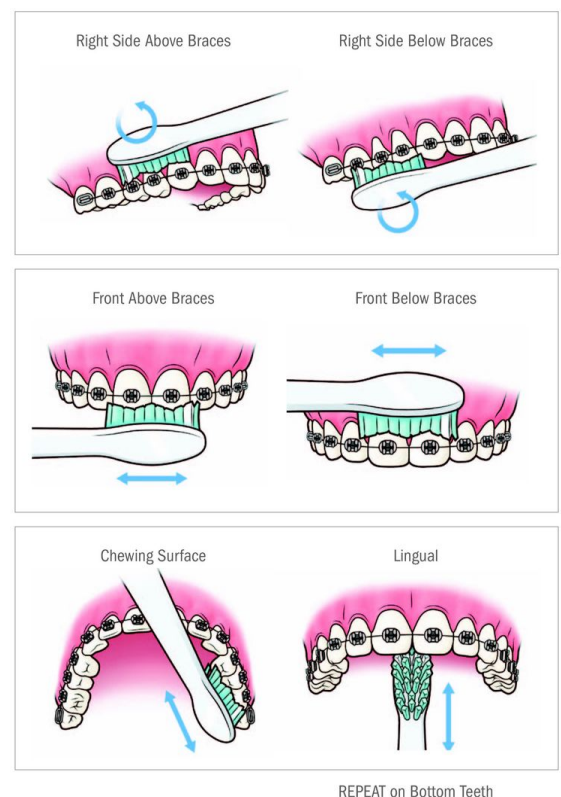
Brushing and flossing

Now you've got your braces it's very important to keep them clean. This means that every time you have something to eat you will need to brush your teeth with fluoridated toothpaste.

Brush above and below the brackets, making sure you are cleaning the gum line, as well as the tops and insides of your teeth. Spit out the toothpaste and don't rinse.

Use interdental brushes (such as Piksters) to clean between the brackets and your teeth.

Regular maintenance is a must. We will ensure that you have an appointment with one of our hygienists at least every six months for your routine scale and clean to prevent dental decay and gum disease.



Food and drink to avoid

Sticky foods: Chewing and or bubble gum, other sweets such as Minties, Redskins and Skittles

Hard and crunchy foods: Crusty breads, pizza crust, popcorn, corn on the cob, hard biscuits and chocolate. Never bite into whole fruits and raw vegetables such as apples, pears, apricots, carrot, celery without cutting them up into small pieces first. All foods must be cut into small pieces and placed inside the mouth. Biscuits can be dipped into hot drinks to soften them prior and chocolates can be consumed but in a careful manner i.e. melting them in the mouth gradually.

Soft Drinks, juices, wine can cause decay and erosion leaving holes and permanent white marks on your teeth. Please consume these during set meal times only as opposed to sipping them throughout the day.



Broken brackets or wires

Broken brackets and extruded wires can occur throughout the course of orthodontic treatment.

Wire extrusion occurs when the orthodontic wire gradually moves out the back orthodontic bracket thereby irritating the cheek which can sometimes result in cheek ulcers. This can be managed either through the placement of wax over the wire or a short complimentary visit to the clinic for wire trimming. The positive aspect is that wire extrusion simply means that the teeth are aligning and straightening as intended to.

Broken brackets describe situations when brackets come off or are physically deformed. By in large this occurs when the dietary guidelines are not adhered to as hard food substances combined with strong biting forces can place excessive pressure on the bracket causing them to fail.

We recommend all patients to call the clinic to seek further advice should this occur.

We will endeavor to keep costs down by regluing the brackets back on at no charge with the first available dentist or hygienist so that treatment is not delayed. However if new brackets are needed as the old one are badly deformed then fees may apply.



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