



# Taking Care of Your Braces

## Your orthodontic treatment has just begun!

For most people, during the first few days after band-up, the teeth will be tight. There may be discomfort when you eat and brush your teeth. The braces may be a little upsetting. But don't worry, discomfort is normal and it is a sign of tooth movement. It is also only temporary. You are off to a great start. Please follow these simple steps:

### EATING

- **Avoid very hard food** as it may cause breakage and damage to wire or braces. (e.g. ice blocks, roll-ups, red skins, toffees, jaw crackers, crab shells, bones, etc.)
- **Avoid sweets and fizzy drinks** as it may cause decay around or under the braces. (e.g. lollies, chocolates, soft drinks, etc.)
- **Cut up all food** into small pieces. Please **chew slowly and carefully**.
- Rinse the mouth with warm water after eating if you cannot brush your teeth straight away.

### TEETH CLEANING

- It is always important to keep your teeth and gum healthy. **Extra time and attention** must be spent to ensure that cleaning is done well, as it will be harder to clean your teeth with braces.
- Floss the gap between each tooth, above the wire for your upper teeth and below the wire for your lower teeth.
- You should continue to see your general dentist every 6 months for routine check-up and cleaning.
- Use mouth rinse and teeth moisturiser as advised by Dr Ho.

### CLEANING THE BRACES

- You should clean your braces every time you brush your teeth. Braces can act as a "plaque trap", which can lead to increased risk of cavities and gum disease.

### ELASTIC BANDS

- It is important to wear the elastic bands as instructed.
- The length of the treatment time really depends on whether you wear the elastic bands, as the teeth will not move if you don't wear them.

### SORE SPOTS

- Use the wax provided to cover the sharp or the sticking out part of the braces.
- If you swallow the wax accidentally, don't worry, it is harmless.

### BREAKAGE

- You should give us a call if the brackets, wires or bands are loosened. We will try to see you within 1 week\*.

### WIRE STICKING OUT

- If the wire sticks out at the end and is causing pain, you should contact us to arrange an *appointment* as soon as possible\*.
- Sometimes you may need to see your family dentist for dental emergency if indicated.
- Patient will not be seen without appointment

### Be Very Careful!

Each time when the braces are damaged, the treatment time may be extended by 3-6 months. Also, please maintain good hygiene, as decay may leave marks on your teeth that will stay after the braces are removed.

Having braces requires patience and discipline, proper dental care is important in keeping your treatment course on time and may help reducing it. It will contribute to the long-term health of your teeth and gums. And you will be rewarded a **LIFETIME HEALTHY & BEAUTIFUL SMILE!**

*\*Every Friday, Dr Ho has assigned time to see patients with urgent need. You are encouraged to reschedule your timetable or arrange sick leave to attend the appointment.*



Call us if you have any problem