



BRACES

Please Help!

Without **complete** co-operation, a good orthodontic result is impossible.

Braces are like a delicate machine. If something is missing or broken, they won't work. Braces aren't magic; they're mechanical!

The following advice will give you a guide to what's required so that your treatment will deliver a pleasing result in the shortest possible time.

Protect your braces from damage.

Possible courses of damage are:

hard foods, e.g. nuts, hard biscuits, ice, minties, muesli bars, roll-ups etc. Cut raw apples and carrots, steak and bread rolls into smaller pieces and chew carefully.

Don't pick at or fiddle with your braces or wires. Wear a **mouthguard** for active sports.

Report any damage or breakages promptly.

We can then conveniently put it right so your treatment doesn't suffer. Try to check them at least nightly when you clean your teeth and gums. If you think anything is bent, loose, broken or "wrong" in any way, please **phone** for advice.

You **MUST** tell us about any damage promptly, even if it seems trivial to you.

Wearing elastics.

Elastics provide force to correct the bite and close spaces. They must be worn exactly as shown, all day and all night. Remove for eating, trumpet playing and cleaning teeth and gums. Replace elastics if they break and always make sure that you never run out. Call us if you have any problems.

Oral hygiene.

You need to clean your teeth, gums and braces in order to avoid tooth damage (tooth decay and white spots) and gum disease (bleeding gums).

You should use a brush with a small head and soft bristles. Do not scrub: brush smarter not harder. A fluoride toothpaste is the best, but teeth can be cleaned without it.

Our advice is to brush well morning and night. A thorough clean twice a day is better than poor brushing five times a day.

