

Brace Care

To ensure that orthodontic treatment with fixed appliances runs smoothly, in the shortest possible time, with the least damage to the teeth and gums it is essential to follow the following advice:

1. The teeth should be kept **cleaned** thoroughly at least twice a day. A travel toothbrush can be carried in the day to brush the teeth following meals. The pictures below illustrate how to keep the teeth clean.
2. Toothpaste containing at least 1450 PPM (parts per million) **Fluoride** should be used. A Fluoride containing mouthwash can also be used during the day.
3. **Sugary** foods and drinks should be avoided between meals.
4. **Hard foods** should be avoided at all times as these damage and weaken the brace. Examples of hard foods include toffees, boiled sweets, chocolate, hard bread, tough meat, nuts and biting into whole hard fruits (e.g. apples, pears).
5. Do not miss any appointments.

Cleaning the Teeth

Your braces provide retentive sites for bacteria to grow and proliferate. Because of this it is essential to keep the teeth and gums clean to avoid tooth decay and gum damage.

The following pictures illustrate how to keep the tooth surfaces clean particularly where the gum meets the tooth surface:



These pictures show how you can use an interproximal or interspace brush and superfloss to clean beneath the orthodontic wires and between the teeth:

