

Orthodontic Care

care of your teeth while
wearing braces

Pay Extra Special Attention

While you are wearing braces, it is important to pay more attention to keeping your teeth and gums healthy. Plaque and food will easily become lodged around the brackets and wires. This could lead to tooth decay and gum infections.

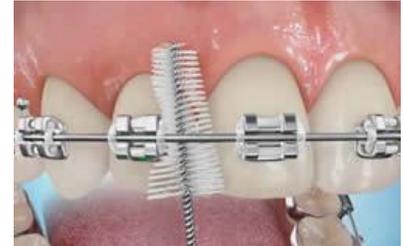
Brushing and flossing is made more difficult by the braces but you have to be diligent if you want to have a great smile after your braces come off.

As well as cleaning, what and when you eat and drink may also affect your teeth. Some foods and drink that are high in sugar, starch and acid will contribute to tooth decay.

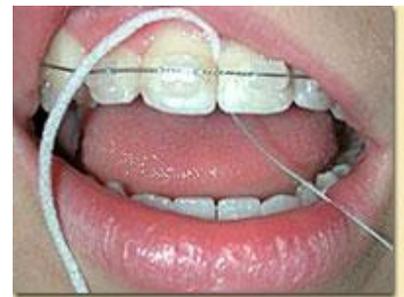
Tips For a Healthier Smile

- Using a soft toothbrush and fluoride toothpaste, gently brush in a circular motion along the gum line and then on the other side of the wire along the tips of your teeth. Brush the insides of your teeth and along the biting surface. Brush in the morning and before bed.
- Use speciality floss like 'Super floss' to clean in between teeth daily. This is a single strand of floss that can be poked between teeth and the wire and then used like regular floss.
- Avoid foods and drinks with a lot of sugar, starch and acid. When consumed, any plaque on teeth produces acid which damages the enamel and causes decay.
- Drink plenty of fluoridated water (tap water). The fluoride helps to strengthen teeth and the water will flush away plaque and food debris.
- Sometimes a Fluoride mouth rinse or products such as Tooth Mousse may be recommended if the Dentist thinks damage to enamel is occurring.

Cleaning underneath wires and inbetween the teeth



Using an 'interproximal' brush



Using a speciality floss "Super Floss"



Use a Floss Threader
with your own floss