

Care of Removable Orthodontic Appliances

Eating

Eat sensibly avoiding hard or sticky foods.

Eat more slowly, carefully and only eat foods which you can cut up well first (= most things - you do not starve!)

Do not eat chewing gum-toffees-hard sweets-hard crusts, whole carrots, apples etc. They may bend and break wires.

This will slow down treatment.

Avoid fizzy drinks- sweet drinks - fruit juices sweets sugar.

They can dissolve surface enamel and cause permanent damage to teeth.

Cleaning

It is essential to keep the teeth and the appliance clean at all times.

Plaque and food debris will, if left around the teeth and gums, cause swelling, and redness of the gums and they may bleed and become sore or painful.

Permanent damage to the tooth enamel can occur if the teeth and brackets are not kept clean. The enamel will decalcify leaving unsightly white marks.

Clean your teeth and brace four times a day. Morning, mid-day, tea-time, and bed-time.

Equipment

You will need brushes and toothpaste. Additional items are also recommended. The ideal way to start is to buy a cleaning solution, good quality toothbrush, which should be, replaced every two months, and also a travel brush for taking to school. An egg timer to indicate the minimum time that cleaning should take, floss and disclosing tablets, wax to protect any sensitive areas in the mouth and a mouth mirror are also useful.

We also recommend using a Fluoride gel for brushing the teeth at least once a day and a fluoride rinse once a week. (or a daily version e.g.Swirl)

This will help to prevent damage.