

Important Information For Your Smilefast Journey

Smilefast™



Introduction

Welcome to the Smilefast club!
Below we have briefly outlined some
of the most important points to
ensure your treatment is as efficient
as possible.

Please continue reading through for
further information on each relevant
topic.

Important Points

Braces

Included in this booklet is an explanation of the different parts of Smilefast braces. In order to achieve the best results you will need to carefully follow all instructions.

Diet

It is important you follow our advice regarding limiting your intake of sweet/acidic foods and drinks, and avoiding hard foods. The food and drinks listed are a general guide.

Contact Sport

A mouthguard should be worn. We suggest that you purchase a mouthguard from the Chemist or sports shop.

Appointments

Attendance at the intervals advised by your dentist will maximize your treatment progress and minimize your treatment time. Appointments are usually scheduled between 4-6 weeks depending on the stage of your treatment. Your dentist will advise you at each visit when we need to see you for the next visit. Please make a careful note of your appointments and if you can't make it let your dentist know as soon as possible so that another time that is convenient for you can be arranged.

Emergencies

If you have a loose or broken bracket, please call your dentist to check if you need to schedule an appointment before your next visit. A loose or broken bracket is not an emergency.

Finishing treatment

We aim to give you the straightest smile in the shortest time. Those patients who finish treatment most quickly are those who attend all their appointments, have no breakages, and clean well. Your dentist's focus is to guide you through treatment and obtain the best possible result. If you have any questions or problems, please always feel free to contact your dentist.

Diet & braces

There are two reasons for the dietary changes that we advise:

- 1. Excessive amounts of sugary and acidic foods and drinks can increase the chances of tooth decay (holes).** As we will all be putting a lot of time and effort into your treatment, it would be disappointing to spoil your smile by finishing with tooth decay that requires fillings and gum disease, which can occur from poor tooth brushing and diet.
- 2. Hard and sticky foods can cause the brackets to come loose.** Braces are not glued on with superglue so anything that is too hard can cause the brackets to become loose.

Remember to cut your apples and other hard fruits and raw vegetables into bite size pieces. Also be careful biting into stone fruit. See the Breakages page for more hints to smooth sailing with braces on! **We strongly advise you to not eat any lollies while your braces are on, especially Minties, Fantales, Redskins or similar hard lollies.** If on a rare occasion you do eat a lolly, chocolate is best as you can soften it by sucking on it. Try and limit soft drinks to special occasions.

Breakages

What can you do to help?

- 1.** Avoid hard and sticky foods like Minties, Fantales, Toffee Apples and Nuts.
- Don't chew on bones or chicken wings.
- Take care with hard biscuits; try dunking them in your tea or Milo.
- Avoid chewy and crunchy muesli bars and be careful biting into stone fruit.
- Cut your corn off the cob, cut apples into 8ths and use small mouthfuls.
- Use soft bread for sandwiches and avoid crusty loaves and rolls.

Don't worry, that still leaves smoothies, yoghurt, muffins and cakes to enjoy, in moderation of course, and remember to clean or rinse after sweet food.

- 2.** Don't chew on ice in drinks, pens or fingernails. The "sideways" forces exerted from these items increase the chances of breakages.
- 3.** Wear a mouthguard when playing contact sport – like basketball, netball, hockey, all types of football and kick boxing or tai-kwan-do.

Remember a loose or broken bracket is not an emergency. Please call your dentist to check if you need to schedule an appointment before your next visit.

Dietary Guidelines

Dental Check-up

With braces we recommend cleanings every three months. It is always a little harder to clean perfectly with braces on, so you will generally need more regular cleans and checks.

Preventive dental care can also save you money long-term. A checkup and clean is much cheaper than a filling and a small filling is always cheaper than a large filling or a root canal! So it makes sense to see your dentist regularly.

PLEASE MAKE AT LEAST A SIX MONTHLY CHECK-UP WITH YOUR DENTIST AND WE RECOMMEND CLEANINGS EVERYTHREE MONTHS.

Toothbrushing

You and your dentist are now working as a team. You both want the same result – a beautiful smile with straight, healthy teeth. Your dentist will straighten your teeth, but it is important to keep them clean and healthy, which means brushing your teeth and cleaning them correctly. Now that you have braces, proper brushing will take some extra time and effort.

FRIENDLY FOODS	SOMETIMES	TO AVOID
Milk	Tea	Donuts
Rice	Coffee	Chocolates
Fish	Ice Cream	Snack bars
Meat	Diet Cordial	Jam
Plain Mineral Water	Chips	Hard Crusty bread
Fruit smoothies	Flavored milk	Cakes
Fruit	Diet Lemonade	Muesli Bars
Soup	Sugarless Chewing gum	Chocolate bars
Yoghurt	100% Fruit juice	Nuts
Cheese		Soft Drinks
Eggs		Sports Drinks
Pie		Lollies
Salad Sandwiches		Toffee
Bread		Bubblegum
Pasta		Toffee Apples
Vegetables		Coca Cola
		Diet Coca Cola



Tips for cleaning your teeth

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1. Use fluoride toothpaste and a soft-headed toothbrush. Start brushing where the tooth crown meets the gum surface. With the toothbrush bristles angled at 45 degrees to the gumline, use a circular motion and brush the gums and tooth above the wire working your way around the mouth from one side to the other. Spend about 10 seconds cleaning each tooth.



2. Gently brush over the braces and the wire. Once again in a circular motion, brush each bracket on every tooth for about 10 seconds until you have cleaned the whole of your mouth. Angling the brush at 45 degrees towards the archwire, clean below the archwires and over the tooth surface. Tilt the bristles vertically so they can get into the area between the braces.



3. Brush the chewing surface of all your teeth.



4. Brush the inside surfaces of the teeth.



5. An interproximal brush should be used to clean between the braces and under the archwires. This process is called spiraling. Spiraling must also be towards the tongue not the gums. Remember: Spiral down on the upper archwires, spiral up on the lower archwires.



6. Remember to floss your teeth. If desired, a dental floss threader (available from Chemists) can be used to guide floss under the archwire to thoroughly clean between teeth. This is useful if meat, etc. is stuck between teeth. You may also use Oral B Superfloss (available from Chemists).



7. Rinse and check your teeth in the mirror your teeth and braces should be clean and shiny. These teeth are spotlessly clean. Keep yours that way and you will have a beautiful smile when your braces are removed.

When should I brush and spiral?

It is essential to brush in the morning after breakfast, and brush and spiral once after dinner before you go to bed. It is a great idea to carry a toothbrush for emergencies when you may get some food caught between your braces and when you are not at home. It is a good idea to clean your teeth after lunch to remove the food that may have been caught around your braces. If this is not possible, make sure that you rinse your mouth with plain water to remove the majority of the food debris.

What happens if my gums bleed?

When brushing your braces, you need to pay special attention to the gum line as this often gets neglected. If any food does collect around the gums, it often leaves them sore and swollen, which may cause bleeding. This is a sign that your teeth and gums are not being cleaned properly and are infected. Having bleeding and swollen gums may cause brushing and spiraling to be uncomfortable. However, with proper brushing and spiraling and flossing, this will improve. You will need to spiral in the mornings also, until your condition improves.

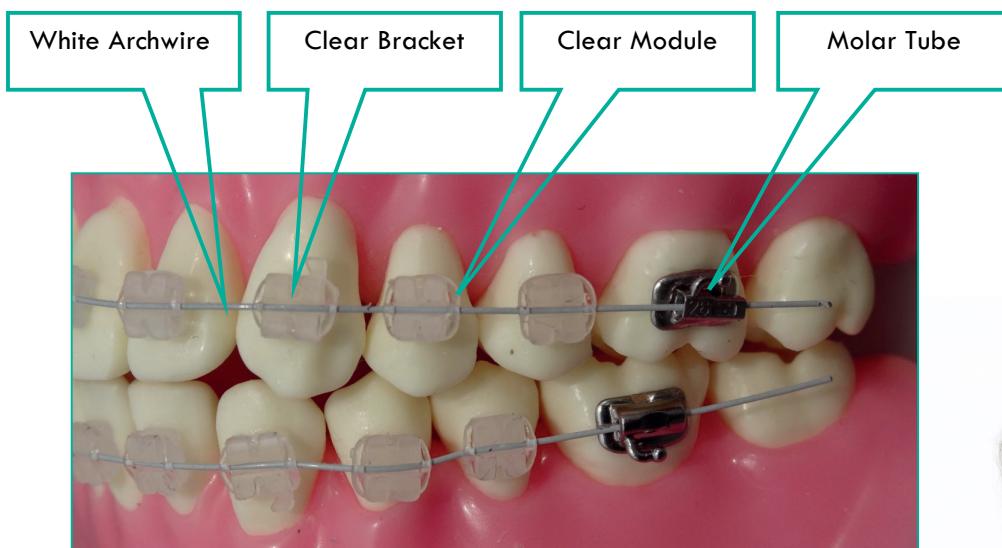
Plaque is the problem!

Plaque is a sticky, white substance that collects around the teeth and braces. It is made up of saliva, bacteria and food. If plaque and trapped food are left on your teeth and around your braces, they can cause swollen gums, bad breath, marks on your teeth and decay.

Neutrafluor 900 Weekly

We recommend that once a week a fluoride mouth rinse is used. Colgate Neutrafluor 900 Weekly is available from Chemists in order to minimise the chance of decay reduce the risk of any damage to the enamel.

Parts of the braces



Archwire

The white coated archwire is attached to all of the brackets and creates force to move teeth into proper alignment.

Brackets

Brackets are bonded directly on to each tooth and hold the archwire in place.

Clear Modules

Modules are tiny clear rubber rings used to tie the archwire to each bracket.

Molar Tube

Molar tubes hold the archwire firmly in place and are placed on teeth towards the back of your mouth. They are not visible to others whether you are smiling, talking or laughing.

