

# THE ORTHODONTIC SPECIALIST

## Taking Care Of Your Brace

It is VERY IMPORTANT that you read these instructions to maintain a healthy mouth, reduce your treatment time and reduce the risk of permanent staining on your teeth.

We recommend and urge you to **continue your regular dental visits and hygiene appointments** during orthodontic treatment.

On these appointments, we will check if your teeth are healthy and decay free and also we will show you how to care for your teeth during orthodontic treatment, the technique that you need to use and also the use of disclosing tablets.

### Brushing Instructions

**Brush 2 times a day for 2 minutes** each time, then brush around and behind the brace for a further 2 minutes using the interdental brushes in your starter pack. Better is to get a so called waterpik (watershower) on Amazon to help you flossing in between the teeth.

Make sure you are brushing every tooth individually and every part of the tooth, especially the gum line to avoid any plaque build up. Electric toothbrushes have been proven to give patients a better brushing result.

**Use mouthwash once a day before bed. Mouthwash has to be alcohol free and contain Fluoride.** (Alcohol can weaken the rubber components used on your brace).

**Use disclosing tablets 2-3 times a week**, only when you notice improvement you can slowly cut it down to once a week throughout the whole of your treatment.

**Poor tooth brushing leads to permanent tooth and gum damage. The teeth can become permanently stained or marked. The gums can recede and the tooth can loosen. These are real risks and if persistent poor hygiene continues after these warnings then the brace may be removed permanently to prevent further healthy teeth from being damaged.**

### Orthodontic Starter Pack

We provide you with Orthodontic Starter pack containing everything an Orthodontic patient will need to maintain good oral health throughout their treatment.

**This pack includes:**

**Manual toothbrush** – this toothbrush is design for patients with a brace.

**Interdental Brushes** – a pack of little brushes used for brushing under the wire and around the square blocks on the teeth (brackets). This is to make sure there is no plaque build up in areas your toothbrush is too big to get to and that no food is trapped, causing permanent staining!

**2 Minute Timer** – this timer is so the patient can make sure they are brushing for the correct length of time. It should be turned again when the two minutes run out to make sure the patient brushes their teeth for the correct 3-4 minutes!

**Fluoride Mouthwash** – this is to be used once a day, at different time from tooth brushing. You must not eat or drink for at least 30 minutes after using mouthwash for it to work.

**Disclosing Tablets (Plaque Tablets)** – the purpose of these little pink or blue tablets are to keep check on your brushing and to make you aware on how well you are brushing. We advise patients to use these 2-3 times a week at first and then once you've noticed an improvement you can reduce it to once a week. What these tablets do is stain plaque a bright color so you could see if you brushed as well as you thought! You have to chew one of the tablets after you've brushed and rinse it around your mouth like you would a mouthwash. Once you feel you've covered all the teeth with the solution you then spit and take a good look in the mirror. All teeth will look a faint shade of pink but any bright pink areas are plaque that has been dyed by the tablets! You will then have to brush again until you have removed all the plaque. (We advise patients not use these in the morning as they can stain your lips and teeth for a few hours!)

**Wax** – the wax is used as a cushioning for patients that find that the brace is poking into a certain area or rubbing against the lip causing some irritation. If this is the case tear a piece from the strip, roll it in to a pea sized ball and push it over the brace where it is causing the irritation. It won't fall off so patients can sleep with it in. Just remember to take it off before brushing and change it regularly.

**Gishy Goo** – Gishy Goo is a specially formulated poly-vinyl-siloxane elastomer that can be placed over patient's wires and brackets to alleviate pain and discomfort. It is Easy to apply and stays in place for up to 12 hours.