

BRACES

TREATMENT

- ❖ PHOTOS & IMPRESSIONS
- ❖ REMOVABLE APPLIANCE
- ❖ FUNCTIONAL APPLIANCE
- ❖ FIXED APPLIANCES
- ❖ RETAINERS



APPOINTMENTS

DENTIST: EVERY 6 MONTHS
ORTHODONTIST: USUALLY 6-8 WEEKS

ORAL HYGIENE

- ❖ BRUSH 2-3 TIMES A DAY
- ❖ RINSE AFTER MEALS
- ❖ DAILY FLUORIDE MOUTHWASH
- ❖ DISCLOSING TABLETS
- ❖ INTERDENTAL BRUSHES



DISCOMFORT

- ❖ FIRST FEW DAYS
- ❖ HEADACHE TABLETS AS NECESSARY
- ❖ GUM/CHEEK IRRITATION
- ❖ APPLY WAX IF APPLIANCE RUBS



24-28 MONTHS

TREATMENT DURATION

GOOD

- ❖ STILL WATER & MILK
- ❖ FRUIT & VEGETABLES
- ❖ BITE SIZE FOODS
- ❖ EAT AT MEALTIMES
- ❖ LOW SUGAR/SUGAR FREE



DIET

AVOID

- ❖ STICKY FOODS
- ❖ SNACKING/EATING BETWEEN MEALS
- ❖ FIZZY DRINKS & FRUIT JUICE
- ❖ ACIDIC & SUGARY DIET



RISKS

- ❖ TOOTH DECAY
- ❖ DAMAGE TO TOOTH ROOTS
- ❖ PERMANENT WHITE/BROWN MARKS
- ❖ GUM DISEASE
- ❖ RELAPSE



EMERGENCY

- ❖ CALL US FIRST: 01481 227427
- ❖ BROKEN WIRES
- ❖ LOOSE/BROKEN BRACKETS
- ❖ LOOSE APPLIANCES
- ❖ LOST RETAINERS

