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**Knowing  
Your  
Braces**



## Knowing your Braces

Congratulations - you've taken the first step towards a healthy, beautiful smile.

Now that your braces are fitted, there are a few things you need to be aware of. There are some types of food and drink you'll need to avoid and some types of food you might have to eat in a different way.

Also, your braces may be uncomfortable from time to time - and you may occasionally have a breakage. This guide to your braces should help you deal with these issues if and when they arise.

### First Aid

During the first few days your teeth will be slightly sensitive. During this time try to eat a soft diet - foods like pastas, soups, eggs, yoghurt, etc.

If you are having some discomfort, pain relief like Panadol or Neurofen should help. When you talk, smile or laugh your braces may rub on your lips and cheeks, possibly causing ulcers. This usually happens before your mouth gets used to having the braces. If this is an issue, place the Brace Relief™ supplied by your orthodontist onto any ulcers you have (follow the directions in your pack).

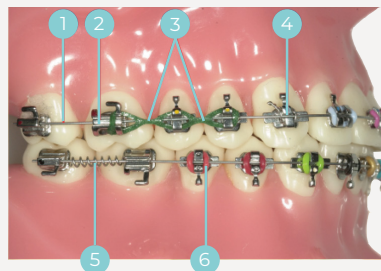
### Dealing with Breakages

Sometimes your braces may break - this can happen for a variety of reasons. If you do have a breakage, call our office as soon as possible to arrange an appointment to have repairs or adjustments made. The diagram opposite will help you describe your issue to us when you call.

### Bent or Broken Wire

As your teeth move, the archwires from your braces can become distorted, or the ends of the wires can protrude from the back of the molar tubes. If this occurs, use the wax on exposed wire for temporary relief until you can come in to have the wire trimmed.

- 1 Arch Wire      2 Molar Tube      3 Elastic Chain



- 4 Bracket      5 Coil Spring      6 O-Ring

### Loose Bracket or Tube

Brackets, which act as handles for the archwire, have been bonded on to each of your teeth. If a bracket breaks off, you may need to wear your braces for a longer period of time - so it is very important to notify us as soon as this happens. If more than one bracket is loose please mention this when you call, as we'll need to book a longer appointment to fix them.

Sometimes it's difficult to know straight away when a bracket has come off. You should notice it when brushing as the bracket will be loose on the archwire. Another reason to brush regularly!

### Missing O-Rings and Ligatures

O-Rings and Ligatures are used to attach the archwires to the brackets. If one of these comes off, it is not an urgent issue - although the wire tends to come out of the bracket as a result, you'll need to schedule an appointment to have this fixed.

### Eating with Braces

To help avoid breakages, you need to be very careful while eating. There are even some foods you must not eat at all while you're wearing braces. To help your treatment go smoothly, take the following advice into consideration.

### DO NOT EAT

Some foods are extremely likely to cause breakages, and very sugary foods are bad for your dental health.

These include:

- Lollies - particularly chewy ones, like Toffees, Minties, Redskins, Fantaes etc.
- Chocolates and chocolate bars - like Snickers, Crunchie etc.
- Nutty or crunchy muesli bars.
- Pork crackling.

### BE AWARE

- Hard crunchy fruits and vegetables like apples, pears, carrots and celery should be cut into bite sized pieces and chewed on the back teeth - not bitten with the front teeth.
- Bones (i.e. chickenwings, drumsticks, chop bones) - use a knife and not your teeth to cure the meat off bones.
- Corn on the cob - once again, use a knife, rather than your teeth.
- Pizza crusts, baguettes, etc. - be particularly careful when eating these
- Soft drinks like Coke, Pepsi, 7UP, etc. are very sugary and acidic and should be avoided during treatment. If you do choose to consume soft drinks while wearing braces, it is best to choose the 'diet' version.

If you have any questions about your treatment, or you encounter any problems, please do not hesitate to give our office a call.