

DO'S AND DON'TS OF WEARING FIXED ORTHO APPLIANCES!

1. Don't eat foods that contain sugar in between meals: This includes all sweets, biscuits, dried fruit and crisps.
2. Don't drink any drinks that contain sugar in between meals: This includes fizzy drinks such as coke, fanta, sprite etc. It also includes diet fizzy drinks. It includes tea and coffee with sugar, Fruit juices and squash **and** the so-called "low sugar" and "no added sugar" varieties, therefore only drink water in between meals.
3. Wearing braces increases the risk of tooth decay - a lot! The strictest dietary control is essential, to avoid decayed teeth at the end of treatment, therefore you must brush your teeth at least twice a day i.e. morning and night times. The most important area to brush is between the brackets and the gum margin.
4. Do be very careful not to break your brace. Remember the brackets do not "just fall off" They are usually broken off by careless patients! You can eat virtually any foods with a brace on. As a general rule, cut food into small pieces, and avoid biting into hard foods with your front teeth. Cut apples into small pieces, break crusty bread with your fingers instead of tearing at it with your front teeth, and be very careful when eating meat on the bone.
5. Don't chew pens and pencils!
6. Do use a fluoride mouthwash. There are many to choose from but make sure it contains 0.05% SODIUM FLUORIDE. Use it once a day, last thing at night before going to bed. Take a small capful, rinse for 30 seconds and spit out. Do not rinse out again with water, go straight to bed and that way you will have a residue of mouthwash in your mouth all night helping to protect and strengthen your teeth.
7. Remember the it is usual to have some soreness of the lips and cheeks for 2-3 days after the brackets have been fitted. Your lips will very quickly toughen up and the problem goes away. If you are one of the unlucky few with very painful scratches or ulceration's, simply use hot salt water mouth rinses 4 times a day and things should clear up very quickly.
8. When advised, follow instructions for elastic wear precisely. Elastics are essential for a good and quick result. Without them the braces simply do not work
9. Remember, Orthodontics is a two way street. It is **your responsibility** to look after and care for **your brace**. If you do not, you may damage your teeth, and the orthodontics will only achieve a poor result.

