

## **YOUR ORTHODONTIC ORAL HYGIENE PACK**

We do sell an Orthodontic fixed pack containing everything an Orthodontic patient will need to maintain good oral health throughout their treatment. The first pack will be given free of charge as part of your treatment, but if you wish to purchase further packs or individual items please enquire at reception.

This pack includes:

### **Orthodontic toothbrush:**

This toothbrush is design for patients with a brace.

### **Interdental Brushes:**

Pack of 8 little pink 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.

### **Fluoride Mouthwash:**

Non-alcoholic and contains fluoride

### **Disclosing Tablets**

Use as instructed on page one.

### **1 x Wax Pot:**

The wax is used as a cushioning for patients that find 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 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.

### **Toothpastes**

Complimentary sample toothpastes

### **Clinic information leaflets**

Complimentary

## **INSTRUCTIONS FOR LOOKING AFTER YOUR TEETH/BRACES**

### **Brushing:**

- Brush **3 times daily** using fluoride toothpaste.
- Brush teeth for **3 minutes** each time, then brush under the wire and in between each bracket of the brace for a further **2 minutes** using the interdental brushes in your starter pack.
- Aim the bristles at the gum margin and brush away from the gums, using small circular motions. Completely clean every surface of every tooth, including areas above and below each bracket. Don't forget to clean the inside surfaces of your teeth too.

### **Mouthwash:**

- Use a **mouthwash** once a day at a different time to your brushing such as after dinner/lunch. Mouthwash has to be alcohol free and contain Fluoride (alcohol can weaken the rubber components used on your brace). Using the mouthwash at a different time to your brushing is ideal because it ensures that you maximise the amount of fluoride hits each day, which is beneficial for your teeth.

### **Disclosing tablets (purple tablets):**

- The purpose of these little purple tablets is to keep check on your brushing and to make you aware on how well you are brushing. What these tablets do is stain plaque a bright colour so you can see if you brushed as well as you thought.
- You should use these tablets at least once a week to ensure you are using the correct brushing technique and not missing any surfaces of your teeth or brace.
- Brush teeth as normal, place a tablet into your mouth and gently chew until it melts completely (do not swallow), making sure you spread it evenly over your teeth using your tongue then spit out. Look carefully at your teeth in the bathroom mirror. If you can see any areas that are covered in dark pink/purple dye then you need to take more care as these tablets only stick to **PLAQUE**.
- Brush the dye away and remember to brush with more care next time. This dye will stain your tongue pink/purple too so don't use them before you go out!
- Next time you brush your teeth remember where the dye was and spend longer on that area.

Poor tooth brushing leads to permanent tooth and gum damage. The teeth can become permanently scarred or marked. The gums can recede and the teeth 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.

Electric toothbrushes have been proven to give patients a better brushing result!

## **Things that you CAN have**

Soft chocolate as a treat on weekends or special occasions e.g. Galaxy, aero, twirl, milky bar, Milky Way, dairy milk. Break a piece off, place into the mouth and suck to avoid any breakages.

Water and milk throughout the day is advisable!

Fruit juice and smoothie's must be a once a day treat alongside your meal as they are quite high in natural sugars and are acidic. Squash (no added sugar) is fine once a day as well as long as it is well diluted. Diet fizzy drinks should only be consumed on rare special occasions, as a treat and through a straw to avoid direct contact to the teeth.

Fruit juice, smoothies, diluted squash must not be consumed outside of mealtimes. Outside of meals please try and stick to water only.

If you drink tea or coffee, please ensure that you do not add sugar or alternatively use sweeteners. Please ensure that you do rinse your mouth afterwards to avoid staining your brace, in particular if you are wearing tooth-coloured braces.

Soft rolls, toast, pasta, rice, potatoes, ice creams, yogurts, breakfast cereals (except with hard dried fruit and nuts), pizza's (no crusts), fish.

Vegetables and fruit like apples, pears, carrots cut into pieces and place onto back teeth (**DO NOT BITE INTO THEM DIRECTLY**). Be careful with seeded and stoned fruits.

Meat, chicken wings, drumsticks, spare ribs (**BUT DO NOT NIBBLE ON BONES**).

## **Things you CANNOT have**

Fizzy drinks

Hard Chocolate, Chocolate with nuts and Toffees i.e. mars, snickers, Twix, topic, double decker's etc.

Chewy sweets, boiled sweets and nuts

Chewing Gum

Hard crusty rolls, pizza crusts, baguettes, French sticks, seeded and granary breads.

## **Reduce Your Snacking**

Snacking is the main reason for tooth decay. This process is accelerated with a brace.

As the food in your diet is consumed by the bacteria in your mouth they produce acid as a waste product. This dissolves the minerals out of your teeth (calcium and fluoride) and begins to cause white/brown marks (decalcification) and then progresses in to cavities as the tooth decay worsens.

## **Pain Relief:**

Discomfort usually occurs 4-6 hours after the brace is fitted and can take up to one week usually for it to subside. We advise patients to take some painkillers such as paracetamol or Neurofen (Ibuprofen) over the next few days after a brace is fitted.

The patient's teeth will feel bruised so it will be at its most uncomfortable when pressure is applied to the teeth, so we recommend that patients stick to a soft diet e.g. pasta, until they feel they are ready to bite into something harder.

If any part of the brace is digging into the mouth or rubbing causing discomfort the patient should use the wax as instructed. However, if the brace is broken please call 0208 303 7051 for advice.

The initial wire is flexible and can readily dislodge from the very last teeth. If this is not causing discomfort it can be left till the next appointment.

If a bracket (metal square) is lost please call the practice for advice. They do not always need to be replaced immediately and patients can wait till their next appointment.

Repeated and multiple breakages are uncommon and can increase treatment time significantly. This is primarily due to poor diet and compliance.

Greater care should be taken to avoid chewy and hard foods.

## **Mouth Guards:**

If you play any contact sports (e.g. Rugby, Netball and football) you will ideally need a custom-made mouth guard. The mouth guards that sports shops sell is melted and moulded over the brace, which can get stuck over your braces.

We can have a custom made one made by our lab for £89. Please let us know as soon as possible if you would like to purchase a mouth guard as they do take several days to come back from the laboratory once we have taken and sent impression (moulds) of the patient's teeth and braces. They are specifically designed for patients with a brace so they should last throughout the whole of your treatment.

They come in a wide range of colours.