

Accessible Orthodontics



MAKING SMILES STRAIGHT
FOR ADULTS & CHILDREN



ORAL HYGIENE INFORMATION BOOKLET

**For more information you can ask our Dental Team during an
appointment or visit our website
(www.accessible-orthodontics.co.uk)**

ORAL HYGIENE DURING YOUR ORTHODONTIC TREATMENT

Maintaining excellent oral hygiene standards during your Orthodontic treatment is SO IMPORTANT. Ensuring that **you** are cleaning **your** teeth regularly and correctly as well as following a diet that is good for you, your teeth and your Braces is crucial. Developing and maintaining these best behaviours from the outset of your treatment will really help to ensure a great result in the quickest time possible.

Poor oral hygiene, poor diet and poor maintenance of your Braces during your Treatment may result in decay and/or stained teeth and can slow your treatment down; dramatically increasing the amount of time you have to wear your Braces. **IT IS ALL UP TO YOU!**

SEE ALSO our "Fixed Braces Information" Booklet on our website (*Patient Journey>Working Together*)

TIPS FOR BRUSHING & FLOSSING

- **Always use** a medium bristled or a specialist orthodontic toothbrush.
- Brushing should take between **3 to 4 minutes** each time.
- Brush at a **45-degree angle** where the teeth meet the gum.
- Always try to **brush gently between the teeth and behind the wire** (**remember**, be gentle).
- Always brush **behind** the teeth and **along** the biting surface.
- You should be brushing **3 times a day** or after you eat something.



TIPS FOR YOUR DIET

- Soft foods will be required for the first couple of days after having Fixed Braces
- **Cut food** into small pieces **and chew** on the back teeth.
- **Avoid** hard foods – raw carrot, apples, meat off the bone, nuts, ice etc...
- **Avoid** chewy foods – sticky sweets, caramel, toffee, cakes & biscuits, etc...
- **Avoid** sugary foods – these cause decay (especially fizzy soft drinks!)
- **Avoid** chewing on hard things such as pens, pencils or fingernails - that can damage your Braces

ELASTICS

Are not worn by all Patients – you will be informed by your Orthodontist if they are necessary and given instructions on how to do so. It is really important that you follow the instructions provided to you about wearing elastics. Not wearing them as prescribed will slow your Treatment down.

EMERGENCY CARE / PAIN MANAGEMENT

A broken brace does not work properly and will increase your Treatment time.

My Braces are rubbing my cheek and causing an ulcer!

Use some of the wax you were given to cushion the brace. The wax sticks best if you can dry the offending bracket/s and squeeze warm wax onto it.

My teeth are very sore and it is painful to eat.

This is quite normal at the beginning of Treatment and it will get better in 2 or 3 days. A normal headache tablet can be used (follow the instructions on the box). Eat soft foods, like pasta and soup, until it settles.

The wire has come out of the tube at the back.

If this is not causing discomfort then repair can be left until your next visit. If the wire is uncomfortable then you may cut it or bend it back out of the way.

A bracket (or other part of my fixed brace) has broken and is able to move on the wire

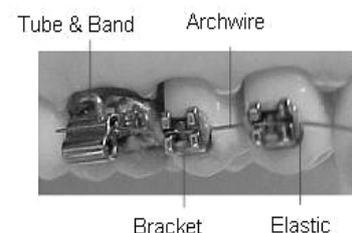
If it is not uncomfortable **and if** you have an appointment in the next 10 days **then** just report it to your Clinician at your next visit. If you are finding it too uncomfortable then phone Reception for advice.

Emergency Appointments

We will arrange an emergency appointment for you;

- If a breakage is causing severe pain
- Only during set appointment times during the day
- To get you out of immediate trouble – if a repair is required, another appointment may be organized
- If you **do not** have an appointment already booked within the next 10 days.

Please phone Reception for advice if you are worried about a problem with your Braces



SOME FACTS ABOUT DENTAL HYGIENE AND ORTHODONTICS:

- Orthodontic Braces themselves **do not** cause tooth decay, decalcification or gum disease
- **Caries and decalcification** spots are due to the action of bacteria in the dental plaque that accumulates on the tooth surfaces.
- Unless this debris is completely removed, problems such as **decalcification or discoloration** of the teeth and gum infections may arise.
- **Decalcification spots**, which appear as white spots on teeth, can progress to become caries if oral hygiene is not improved.
- The best way to **prevent cavities and stains** on the teeth is to clean them properly according to the instructions given to you.
- We recommend and urge you to **continue your regular dental visits and cleanings** during your orthodontic treatment.
- Continuous bad oral hygiene or careless beakages can result in your Braces being taken off for the sake of your oral health: that can mean you will NEVER get NHS paying for future orthodontics!

IT IS ALL UP TO YOU!

EXAMPLES OF POOR ORAL HGIENE

The pictures below show staining (arrow) of the teeth caused by poor oral hygiene; bad brushing & flossing
Your Orthodontist may remove your wires and stop your treatment temporarily if your oral hygiene is POOR



(A) Poor oral hygiene (bad brushing & flossing) has caused a large accumulation of plaque. (B) Areas of moderate decalcification affecting several teeth. (C) Areas of moderate to severe decalcification affecting all teeth. These problems can be avoided with proper brushing technique.



The arrows below identify severe decalcification and actual decay (cavities)

