

WHAT HAPPENS IF I DON'T LOOK AFTER MY BRACES?



It is essential you brush well with your braces on. Poor oral hygiene can cause decay, gum disease and what we call 'decalcification' of the teeth.

Decalcification occurs when plaque left on the teeth for long periods start producing acids which attack the tooth surface and leave permanent stains on your teeth. If any of this staining occurs it is PERMANENT and is likely to decay further and make holes in your teeth.

Your gums help to hold your teeth in your mouth, any signs of redness, swelling, or bleeding around the gums is a sign of gum disease or gingivitis and is unhealthy!

If we notice your oral hygiene is consistently poor, we will need to remove your braces before your treatment is finished to prevent serious damage to your teeth!

- Always use a soft toothbrush
- Brush after every meal
- If you cannot brush straight away rinse your mouth out well with water
- Use your interdental brush at least once daily
- Try to floss 2-3 times a week
- Any sign of bleeding is not healthy, ensure you brush along the gumline

It is important you continue to visit your Dentist for routine checkups every 6 months. Your Orthodontist will be looking at your braces and tooth position at each visit, not examining you for specific signs of dental disease.

SCAN FOR MORE INFORMATION



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BRUSHING WITH BRACES

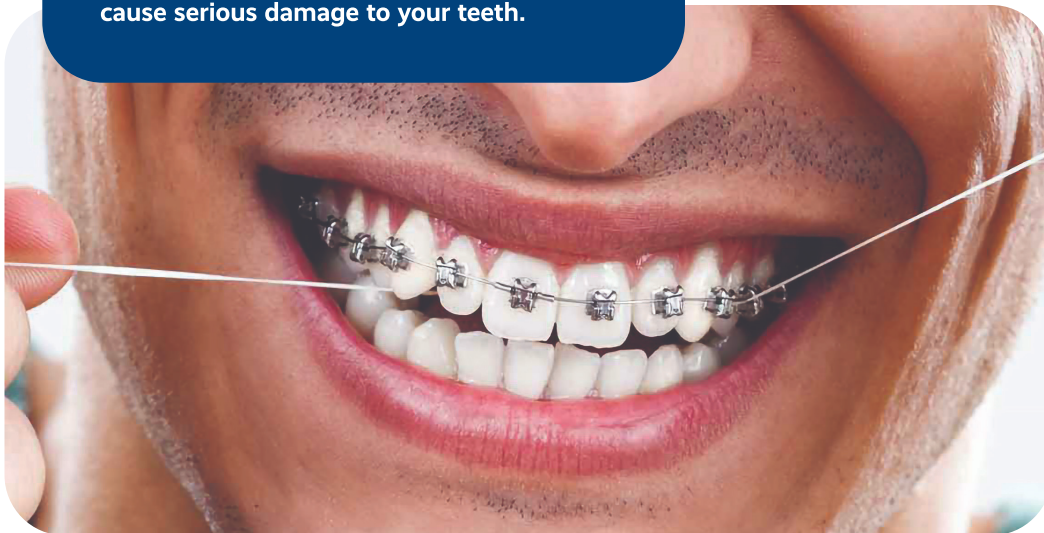
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Orthodontics

BRUSHING

- 1 Start by poking your brush upwards underneath the wire using a circular motion for 10 seconds per tooth.
- 2 On the outside of your teeth angle the brush at 45° towards the gumline, using a circular motion again for 10 seconds per tooth
- 3 Now brush along the chewing surfaces of your teeth
- 4 Use the same circular motion you did on the out-side for the inside of your teeth
- 5 Repeat the same technique for your lower teeth
- 6 Lastly, brush your tongue a couple of times to remove any plaque.



It is essential that you brush EVERY morning and night; even better if you can brush after every meal. Unhealthy teeth and gums will slow down your orthodontic treatment and cause serious damage to your teeth.



FLOSSING

Flossing with braces can be time consuming and a little bit tricky. We suggest you try and floss at least 2-3 times a week. Flossing is the only way to clean between your teeth where your toothbrush can't reach.

To floss, you need to thread the floss underneath the wire. Wrap it around one side of the tooth and gently slide it up and down a couple of times, then repeat on the other side. If you have any difficulty you may like to try super floss, it has a sturdy plastic end making it easier to thread through your braces.



1 Bend the tip and slide under the wire



2 Pull through & floss



3 Repeat throughout the entire mouth

INTERDENTAL BRUSHES

You would have received some interdental brushes in your pack. These are perfect to carry with you during the day or in your school bag to help remove any food stuck between your braces.

You do not need toothpaste with inter-dental brushes, just rinse them with water and replace the cap once finished.

Use these brushes at least once daily when you brush your teeth, they help to clean out food and plaque in between your braces that is hard for a toothbrush to reach.

Tip: Gently slide the brush up and down a few times in between each of the braces. Rinse the brush thoroughly then replace the cap for next use.

