



CONCORDIA  
*dental healthcare*

## At Home Instructions For Orthodontics

### What can I eat?

For the first day or so, stick to soft foods. Avoid tough meats, hard breads, and raw vegetables. Before long, you'll be able to eat normally again. But, for as long as you wear braces, you will need to take care when eating to avoid damage. It is advisable to cut food up into small manageable pieces to avoid putting extra strain on your braces.

### Foods to avoid ...

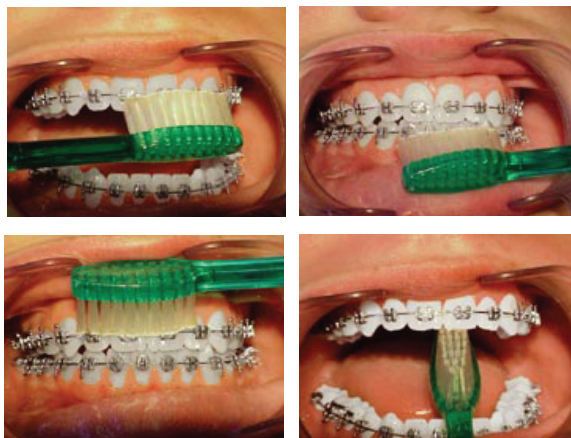
- Tough meat
- Crusty breads
- Raw Vegetables
- Sticky foods
- Chewing gum
- Crisps
- Sugary sweets
- Sugary drinks
- Nuts
- Popcorn
- Corn on the cob
- Boiled sweets

### General Soreness ...

When you get your braces on, you may feel general soreness in your teeth and they may be tender to biting pressures for three to five days. If the tenderness is severe, take a painkiller that you would normally take for headache or similar pain. The lips, cheeks and tongue may also become irritated for one to two weeks as they toughen and become accustomed to the surface of the braces. You can put wax on the braces to relieve the irritation.

### Brushing and Flossing ...

It's more important than ever to brush and floss regularly when you have braces, so your teeth and gums are healthy after orthodontic treatment. Patients who do not keep their teeth clean may require more frequent visits to the dentist for a professional cleaning. Adults who have a history of gum disease should stay current with their periodontal therapy during orthodontic treatment.



## Brushing and Flossing ...

The first thing to consider when cleaning your teeth is that there are three surfaces of each tooth that need to be brushed. When brushing the outside surfaces of your teeth, try to make a 45 degree angle toward the gum line between the head of your toothbrush and the tooth itself. It is especially important to make sure the area between the brace and the gum stays clean. Try to brush three teeth at a time. Make sure these teeth are completely free of food and plaque before moving to the next few. Once you're done with the outsides of the top and bottom teeth you can move to the inside.

When brushing the inside surfaces of your teeth, try to maintain the 45 degree angle towards the gum line as you did with the outside surfaces. Again, try to brush three teeth at a time and make sure that they are clean before moving on.

Cleaning the chewing surfaces of your teeth is straightforward. Remember to brush three teeth at a time prior to moving on to the next ones.

The first step to flossing is getting the floss under the arch wire that connects the braces together. Once the floss is under the arch wire it can be wrapped around the tooth to one side. The floss is then pushed up toward the gum line and then pulled down toward the wire. This should be repeated four to five times to ensure all plaque is removed. Be careful not to put too much pressure on the arch wire as you pull down. Then wrap the floss around the neighboring tooth. Once both teeth are done, the floss is pulled out and the process repeated for the next two teeth.

## Protecting Your Teeth ...

Wearing braces can trap food, causing plaque to build up and make it more difficult to keep your teeth clean. We recommend using MI paste plus, a topical cream which is applied directly onto your teeth. The cream helps to remineralise tooth enamel, reduces sensitivity, neutralises the pH levels within the mouth, slows down the rate of demineralisation and contains fluoride. By using the treatment every day it will ensure that your teeth remain in a healthy condition even after the braces have been removed.

## Sports and Athletics ...

If you play sports, it's important that you consult us for special precautions. A protective mouthguard is advised for playing contact sports. In case of any accident involving the face, check your mouth and braces immediately. If teeth are loosened or your braces are damaged, phone our office immediately for an appointment. In the meantime, treat your discomfort as you would treat any general soreness.

## Emergencies ...

If you have an emergency, such as a broken bracket, loose or poking wire, or something else that is causing you discomfort, please call our office. We care about our patients and their comfort during treatment with us, and will try to correct any problem you might have as quickly as possible.