



## USE AND CARE INSTRUCTIONS FOR FAST BRACES

Whether you wear metal braces, ceramic or combo, you will need to know the best way to look after them. Taking care of your braces properly will make them more comfortable and effective. Braces can trap a lot of food against the teeth and gums. That's why it's important to keep on top of your oral health while wearing braces. While wearing braces, you'll want to do everything in your power to make sure you're going to get the best result. Keeping your teeth clean, taking the time to floss, and thinking about the food you eat are simple but effective steps to make sure you'll have a perfect smile when the braces come off.

### Information you need to maintain a healthy smile during treatment

#### **How to have good oral hygiene with braces**

Being on top of your oral hygiene helps when you have braces. It can stop your teeth from getting stained, protect the health of your gums and stop you from having bad breath. After every meal you should be brushing your teeth. It is ideal to brush three times a day but where possible we recommend also brushing your teeth after every meal. It's important to wait 30 minutes so your saliva has enough time to wash away the acids from your food. Remember to floss daily as it helps remove plaque build up, as well as smaller foods that are stuck between teeth or in your braces.

#### **How to brush with braces**

Start off by brushing at the gum line of your teeth, holding your toothbrush at a 45 degree angle towards your gums. Once you've cleaned your gum line, hold your toothbrush at a downward angle on the top of your brackets, and then at an upward angle to clean the bottom of your brackets.

#### **Avoid Sticky, Hard-to-Chew Foods**

There are a few foods that are off limits while wearing braces. You should avoid anything chewy, crunchy, hard or sticky. While wearing braces you should also avoid sugary foods and drinks as these can cause staining and decay around your brackets. The staining can become permanent, also will be noticeable more later on once the brackets are removed. Do not bite into hard foods like apples. Instead cut them into small pieces first.

#### **Take Care of Poking Wires or Brackets**

If you experience poking wires or issues with your brackets please call your dentist to let them know. There are some things you can do at home in the mean time before your next appointment to manage these issues. If the wire is poking you place wax over the end of the wire. If a bracket is irritating your cheeks, place a small piece of braces wax on the offending bracket. If a bracket comes loose, we will most likely replace it at your next visit.



### **Protect your smile with braces**

If you or your child plays a sport, you should wear a mouth guard. A mouth guard will not only protect your braces from getting damaged, but it will also protect your gums and lips from your braces. Typically, mouth guards cover your upper teeth, but if you have lower braces, you may want to get full mouth protection. Talk to your dentist about your mouth guard options.

### **Here are some friendly reminders**

Please follow our dentist advice and the instructions given to you by the team. It's very important that you attend your scheduled appointments and you maintain healthy teeth and gums with regular oral hygiene appointments and good oral health at home. This will allow your treatment to keep progressing smoothly and will achieve you the best results with the least interruption. Follow instructions that are given to you by the dentist carefully. We do recommend a professionally clean done every three months while you have your braces on.