

CARE OF FIXED APPLIANCES

Fixed appliances or braces are cemented to individual teeth and provide the orthodontist with the maximum control possible to move teeth and harness growth of the jaws.

What to expect:

Some tooth discomfort will usually occur for a few days and Panadol can be used to relieve this if there are no medical contraindications. Some initial rubbing of the braces on the soft tissues of the tongue and cheeks may cause ulceration. This can be minimized by the use of wax and salty water mouth rinsing.

Cooperation:

Cooperation with diet and oral hygiene is paramount. Diet considerations include foods high in sugar (soft drinks, lollies, cordials), hard foods (crusts, bones, lollies, etc) and sticky foods (mainly lollies). Sugars and food acids can lead to increased decay and decalcification (white marks). Hard and sticky foods break braces and wires.

Oral hygiene needs to be maintained at a high standard. Poor oral hygiene can lead to cavities, demineralisation and gum problems. Permanent marks on the enamel will only occur if the oral hygiene is not maintained to a high standard or if the diet is rich in food acids (soft drinks, etc). Patients are requested to attend their dentist for routine cleaning and fluoride application.

ANCILLARY APPLIANCES

Elastics, headgear and other ancillary appliances are provided where necessary, to assist the braces in moving teeth and jaws. If cooperation with these appliances is poor, treatment will inevitably be prolonged, there may be unnecessary damage to the teeth and supporting structures and a poor orthodontic result may occur.

It is the aim of the orthodontists and staff to provide an exceptional result but we cannot do it without cooperation from the patients and parents of children in treatment.

Breakages:

Broken braces are nearly always the result of 'brace abuse'. Braces do not fall off, they are knocked off. Be careful and breakages shouldn't occur. If, however, a brace does come loose, contact the practice so we can schedule sufficient time to fix the problem and to receive advice to keep you out of immediate discomfort.

Patients are instructed on how to care for their appliances and mouth. If at any stage you are uncertain of any aspect of your treatment, please direct enquiries to the staff.

