

Braces are appliances that are bonded to your teeth to correct alignment and bite issues. Various components make up your braces

- **Brackets:** Metal or ceramic squares bonded directly to your teeth
- **Molar bands:** Silver rings fitted around your molars (back teeth)
- **Wires:** Placed in the slot of the brackets – To encourage tooth movement
- **Modules:** Elastics placed around the bracket to hold the wire in place



There are different types of braces available; metal, ceramic and lingual. The type of braces used for each patient will depend on each individual need.

Regular adjustment appointments will be scheduled throughout your treatment to ensure efficient progression of treatment. Auxiliary attachments such as bite turbos, elastics or springs may be placed during treatment to help correct your bite. Any attachments used will be explained and detailed instructions will be given to you at the time of insertion.

**It is very important to continue with your regular 6 monthly checks with your general dentist.**

BRACES



## Oral Hygiene

Good oral hygiene is important as there are more areas for food and plaque to become trapped once your appliance has been fitted. Correct brushing is very important to clean the difficult to reach areas around the molars and the lower front teeth.

- Brush your teeth 3 times per day
- Use your interdental brush (Christmas tree brush) daily
- Floss as often as possible
- Using disclosing tablets will help you maintain good brushing by indicating the areas which have been missed when brushing

## Diet

Your diet is important now your appliance has been inserted. To ensure the best possible treatment journey please follow these recommendations:

- Avoid any hard, sticky and chewy foods. Eg. lollies, chocolate bars, bubble gum, toffee, hard biscuits, etc.
- Raw fruits and vegetables should be cut into small bite sized pieces. Corn removed from the cob and meat removed from the bone prior to consumption.
- Consumption of any foods or drinks with high sugar or high acidity are to be avoided to ensure the long term health of your teeth Eg. Soft drinks, fruit drinks, energy drinks, etc.

## Wax

Wax is provided to you throughout treatment to help ease any discomfort your appliance may be causing you. Your appliance may rub against your lips and cheeks causing irritation or ulcers. The wax provided can be placed on the specific area of the appliance to reduce the discomfort. Warm salt water rinses can aid in increasing the healing process. As treatment progresses, the presence of these irritations will reduce.

## Extra Appointments

Should issues arise throughout treatment and you require an appointment please contact our practice on (03) 9796 2794. It is important to call ahead to schedule an appointment as our peak times are between 3pm and 5pm, and we may not be able to accommodate you at your desired time. For many of these appointments you will be seen by our Dental Therapist. They work alongside our Orthodontists to ensure we can provide more comprehensive care to our patients.