

Braces Care Instructions

Braces can trap a lot of food against the teeth and gums. That's why it's vital for you to follow the braces care instructions. We want to make sure you have all the information you need to maintain a healthy smile during treatment.

Brush Your Teeth After Every Meal

Remember to always brush your teeth at least twice a day. If possible, we recommend also brushing your teeth after every meal.

Brush your teeth like this:

1. Brush the outside of each tooth.
2. Brush where your gums and teeth meet each other, using a circular motion.
3. Brush the inside surfaces of each tooth.
4. Brush the chewing surfaces of your teeth.

Floss Once a Day

Plaque loves to hide between teeth where your toothbrush bristles can't reach. That's why it's important to floss once a day.

Floss your teeth like this:

1. Use interdental brushes (TePe brushes) under the wire first and clean out any residual food and plaque under the wire.
2. Thereafter, use the interdental or TePe brushes to clean in between the teeth, remembering to clean under the gum line.

Strengthen Enamel With Fluoride

Use fluoridated toothpaste as well as a fluoride mouth rinse. Fluoride will help strengthen your tooth enamel, decreasing your risk of cavities.

Avoid Sticky, Hard, Chewy Foods

While you're wearing braces, you can eat almost all of your favourite foods. However, please stay away from these troublemakers:

1. Sticky chewy foods like toffees, caramels, and jerky
2. Hard foods like raw carrots and apples, unless cut into bite-size pieces
3. Crunchy foods like corn chips, popcorn, almonds, and corn nuts
4. Sweets, candy and chewing gum
5. Sugary beverages like fruit juice, sports drinks, sodas and fizzy drinks such as Colas

Take Care of Poking Wires or Brackets

From time to time, we may need to fix poking wires or loose brackets in our office. But there are many things you can do at home to take care of small issues.

1. If your wires start poking, trim the wire with clean nail clippers.
2. If a bracket is irritating your cheeks, place a small piece of braces wax on the offending bracket.
3. If a bracket comes loose, please let us know and so that we can replace it at your next visit

Please follow this link below which has a video showing you how to take care of your braces:

