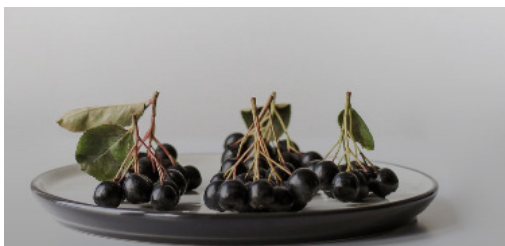
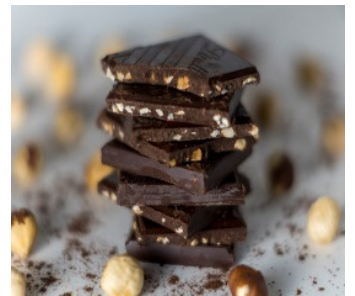


Handy tips to looking after your orthodontic appliances

It is important to take into consideration adjusting some habits during your orthodontic treatment, to ensure that your braces are well taken care of and that we are achieving the best possible results in a timely manner.

Your braces are precious appliances that can be damaged by eating the wrong foods. Sticky and hard foods can loosen the brackets, bend arch-wires and remove the modules, all of which are essential to gain the necessary tooth movements during treatment. These breakages mean that teeth are not being fully engaged and in turn can result in extended treatment time and additional appointments.

The types of foods to please avoid during your orthodontic treatment, are things such as lollies, chewing gum, chewing on ice cubes, hard sticky chocolate and nougat, sugary drinks, muesli bars, cookies, fruit with hard pips (unless pip is removed), nuts, popcorn and crunchy corn chips.



It is important to break habits that could cause damage to your braces, such as nail biting, chewing on pens, drink bottle lids, mouthguards etc.



We still want you to enjoy lots of foods including fruit, vegetables and meat, we just ask that you please cut any hard foods into bite size pieces and chew slowly. Please cut up hard fruits and vegetables prior to eating, as well as crusty bread rolls and steak. Meat on the bone will need to be cut off the bone, as well as corn cut off the cob.

