

foods to avoid

- Popcorn
- Bubble gum
- Chewy lollies (e.g. toffees, minties, fantails)
- Nuts
- Hard lollies and lollipops
- Cold chocolate, nougats and caramels
- Sugary drinks (these include fizzy drinks, juice, cordial, flavoured milks and sports drinks).
- Hard biscuits and crackers
- Muesli bars
- Ice cubes, not to be chewed on

Sugary drinks include fizzy drinks, juices, cordial, flavoured milks and sports drinks/water (even the diet equivalent). Ensure that if you do drink one of these high sugar drinks, you thoroughly rinse your mouth with water or brush in and around your braces afterwards. Water and plain milk are highly recommended.

**foods to be careful of**

- Apples, do not bite into an apple whole, cut into small pieces
- Carrots, grate, boil or cut into small pieces
- Steak and chicken, cut into small pieces, do not bite meat straight off the bone
- Fruits, remove the seed/s
- Crunchy bread rolls
- Olives, watch out for pits
- Pizza, cut into small pieces

habits

It is important to break habits such as biting your nails and pens, biting to open plastic packaging and bottles and opening bobby pins with your front teeth. This way you will greatly lessen your chance of any breakages.

water

Clear is cool! There is nothing better that you can drink than plain old fashioned water during your treatment. Drinking and/or rinsing with water after meals can help dislodge food trapped in and around your braces, as well as neutralise the acid in your saliva

remember

If your braces are broken or something feels uncomfortable, please call us immediately so we can arrange an appointment for you!

Information for braces

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what are braces?

Traditional braces treatment uses a method of a fixed orthodontic appliance involving brackets, bands and metal archwires to exert gentle pressure on the teeth. This loosens the supporting soft tissue ligament surrounding the teeth, allowing them to move.

Once braces have been bonded patients will require in clinic appointments around every 8-10 weeks so the doctor can check the braces and adjust them accordingly to reposition the teeth.

You may experience a dull ache after fitting or adjustment appointments. This is because your teeth are not used to the pressure and your cheeks are not used to the metal or ceramic rubbing against them. After a few days to a week, the discomfort will ease. You can use over-the-counter pain relief for discomfort, or dental wax to create a barrier between the braces and your cheeks.

There is no age limit for braces. As long as you have good periodontal health, braces can be used to straighten your teeth and correct your bite.



braces terminology

Archwire - The metal wire that is attached to the brackets and used to move the teeth.

Band - A metal ring that is cemented to a tooth for strength and anchorage.

Bracket - The small metal or ceramic attachment bonded to each tooth with a tooth-colored adhesive. The bracket has a slot that the wire fits into.

Chain / Power chain – An interconnected stretchable series of elastic ligatures placed around each bracket to hold the archwire in place. They are used during specific times during treatment and apply additional forces to move teeth.

Elastics - During certain stages of treatment, small elastics or rubber bands are worn to provide individual tooth movement or jaw alignment.

braces terminology (continued)

Modules - A tiny, o-shaped rubber band that is used as a tie and holds the archwire to bracket slots. Modules come in a variety of colours and are generally changed at each adjustment appointment.

Separators - An elastic loop placed between the teeth to create space for placement of orthodontic bands. Separators are usually placed between the teeth a week before braces are scheduled to be placed on the teeth.

important to know

Eating the correct foods and minimising sugar intake is essential during your orthodontic treatment. Your braces are precious appliances that can be damaged by eating the wrong foods. Some sticky and hard foods can loosen or dislodge your braces, while a diet high in sugar can cause tooth decay and permanent staining.