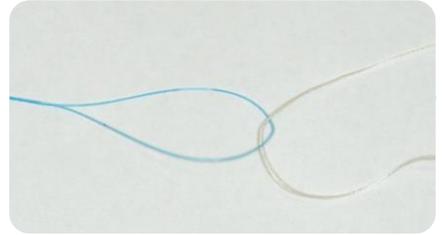


## FLOSSING WITH BRACES

Daily flossing is recommended as there are some spots where your toothbrush just can't reach! It can be a little tricky to master, but once you get the hang of it, it's easy!

### Step 1.

Thread floss through the loop in the floss threader.



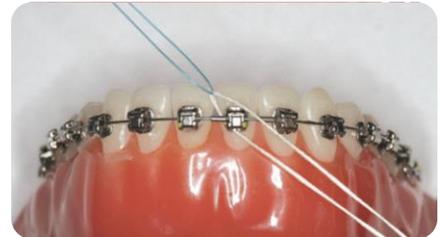
### Step 2.

Thread the floss underneath the arch wire.



### Step 3.

With one hand holding one side of the floss and the other hand holding the floss threader, pull the threader up and out of the mouth.



### Step 4.

You are now able to floss your teeth, using an up and down motion. You will need to do this to every tooth.



## DISCLOSING TABLETS

Disclosing tablets are a great way to let you know how well you are brushing with braces on. We recommend that you disclose your teeth once a week at the start of your treatment. If you are brushing well, there should be very little stained plaque on your teeth.



Pure Orthodontics

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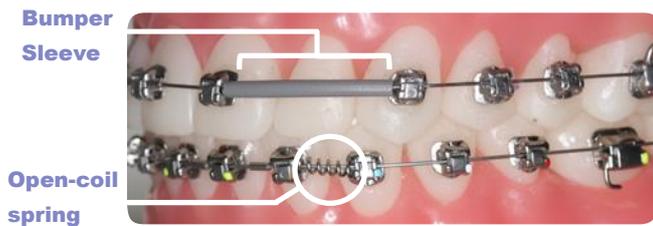
# Braces

## Instruction Guide

*Congratulations on starting your orthodontic treatment. You're on your way to achieving a beautiful smile!*

### WHAT IS IN MY MOUTH?

It's good to know exactly what you have in your mouth. If you ever have a breakage, use these pictures to help identify the problem.



### DO I NEED TO SEE MY NORMAL DENTIST?

**Yes!** It is very important to have check-ups **every 6 months** to check for tooth decay and to maintain the overall health of your mouth.

### DO I NEED A MOUTHGUARD?

It is very important to wear a mouthguard if you play contact sports. We usually recommend a pharmacy bought mouthguard (Elastoplast brand) as they can be reshaped to the teeth as they straighten. When your orthodontic treatment is complete, it is best to get a professionally made mouthguard.

### WHAT SHOULD I DO IF I MISS AN APPOINTMENT?

If you miss an appointment, please call us as soon as possible to make a new one. That way, your treatment won't be delayed.

## WILL MY TEETH BE SORE?

Your teeth are likely to be tender for the first few days and whenever you have your braces adjusted. This is best managed with mild pain relieving medication, if required. Eating soft foods around this time will also be helpful.

## WHAT IF MY BRACES FEEL SHARP?

Break off a piece of the wax we've provided, roll it into a ball and place it on the sharp spot. Make sure the sharp spot is dry, otherwise the wax won't stick very well.

## WHAT IF SOMETHING BREAKS?

If something breaks, please contact our office so that we can make an appointment to fix the problem. Common problems and how to deal with them are outlined below-

**A loose bracket:** In most cases, the bracket will remain attached to the wire. If brackets are not attached to your teeth, those teeth will not move and your treatment time will be extended. Therefore, call us as soon as you identify this problem.

**An open latch:** The bracket will feel sharp or more uncomfortable than normal. Place wax over it until you are able to come in to have it closed.

**Wire that pokes into the cheek:** As your teeth straighten, you may find excess wire will poke out at the back and irritate your cheek. Place wax over it until you can come in to have it trimmed.

**Wire coming out of the tube at the back:** The first wires may pop out of the back tubes as they are very flexible. If this occurs, you can reinsert them yourself with a pair of tweezers or tuck them under the brackets so they feel comfortable. It is only necessary to come in if they are causing discomfort.

**A loose hook:** Small hooks are sometimes placed onto the wires for elastic wear. Occasionally they can become loose and move along the wire. Make an appointment with us to tighten them.



## BRUSHING WITH BRACES

Braces trap a lot of food and plaque, putting you at risk of decay and permanent marks (decalcification) on your teeth. It is important to brush your teeth every morning and night with a soft toothbrush and toothpaste that contains fluoride to prevent this.

Here are 5 easy steps to keep your teeth and gums healthy.

### 1. Brushing the gums

Sit the toothbrush so that it is touching the gum, tooth and edge of the bracket at the same time. Brush in a circular motion for 3 seconds on each tooth.



### 2. Brushing the brackets

Sit toothbrush on top of brackets brushing backwards and forwards (about 30 seconds).



### 3. Brushing the biting surfaces

Sit the toothbrush on the biting surfaces of your teeth and brush backwards and forwards. Make sure you reach all the way to the back!



### 4. Brushing the insides

Sit the toothbrush behind your teeth and clean using a circular or a flicking motion.



### 5. Brushing under the archwire

Use the tip of the toothbrush and wiggle it under the wire in between every tooth to dislodge food and plaque.

