

Healthy Diet

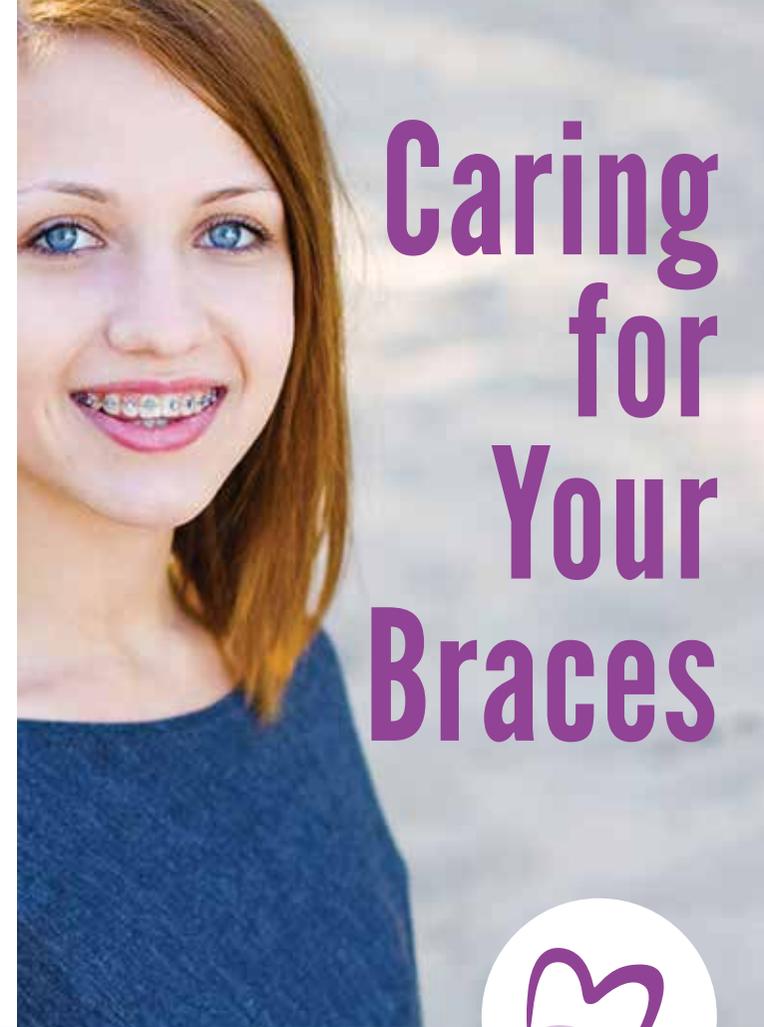


A healthy diet is also important to maintain good oral hygiene, not only when you have braces, but also for general dental health.

Food and drinks high in sugar must be avoided as well as those that are very acidic.

Hard and sticky foods can damage your braces as well as your teeth and are also important to avoid.

By maintaining good oral hygiene, you will preserve your smile for life!



Caring for Your Braces



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A Guide to Oral Hygiene with Braces

Oral Hygiene and Your Braces

Now your braces are on, and you may find that they collect food and dental plaque easily. This is why tooth brushing is extra important during the period of your orthodontic treatment. Not only does this give you a beautiful smile without holes and staining, but can also reduce the length of your treatment. To help take care of your braces, the team at Darwin Dental Specialists has provided you with a bag containing the basics for caring for your braces.

In this bag you will find:

- The timer**
- Some wax**
- A soft bristled tooth brush**
- Toothpaste**
- Interdental brushes**

Each of these is important in maintaining your oral hygiene with your braces.

“Remember, regular check ups with your dentist are still required”



The Timer

You may be wondering why we've given you a timer. The length of time in which you brush your teeth is extended once you have braces. Dr Leedham recommends three minutes for your top teeth and three minutes for your bottom teeth. The three minute timer will help you keep on track for the amount of time you should spend brushing your teeth.



The Wax

When your braces first go on, it will feel a little strange. As your mouth is getting used to your braces you may find certain spots where the braces rub causing ulcers. The wax is gently moulded over your braces to make them smoother and reduce rubbing. You'll probably find that the wax will only be necessary for the first week or two as your mouth gets used to the braces.

The Toothbrush

Tooth brushing is extremely important. There are now three things in your mouth you must clean. Your braces, your teeth and your gums. Just because there are no braces on the inside of your teeth does not mean you shouldn't brush, it is equally important. It would be ideal if you could brush after each meal but we know this is not possible in many cases, so we recommend brushing every morning and night. Any tooth brush is fine to use as long as it has soft bristles. You'll find that you'll have to replace your tooth brush more frequently whilst you have braces. Here at Darwin Dental Specialists we have toothbrushes specially designed for braces.

Toothpaste

Any toothpaste you prefer to use is ok. We recommend that your toothpaste contains fluoride.

Interdental Brushes

Interdental brushes look like a bottle brush and are great for removing food in between brushing. They are used to clean underneath the wire and in between each bracket during your morning and night time brush. Don't use a toothpick!

Super Floss



Super floss is a specially designed floss threader and floss for people with braces.

If you would like to purchase some Super Floss do not hesitate to ask.