



## **CLIENT CARE INFORMATION SHEET**

### **WHAT TO EXPECT AFTER FITTING ORTHODONTIC BRACES**

Your teeth will be uncomfortable for a few days after initial fitting and can feel tender after subsequent adjustments. Panadol or similar analgesics can be used to relieve discomfort.

- It will take time to adjust to talking and eating.
- You may get ulcers and areas that rub initially.

#### **CLEANING**

Tooth brushing will take longer and you will need to take more care – at least 5 minutes, especially areas between braces/brackets and gums. This is necessary to prevent tooth decay and gum disease.

- Bleeding is a sign of gum disease and therefore more thorough cleaning is required.

#### **DO**

- Treat your braces with care – they are delicate and sophisticated devices.
- Ask for replacement brushes/wax when required (at no additional charge).
- Contact us immediately if anything becomes loose, breaks or causes any unusual discomfort.
- Keep any parts of your braces that may come off, and bring them in with you.

#### **DON'T**

- Chew on hard, crunchy or sticky foods or gum.
- Pick at your braces and avoid chewing on pens, pencils, fingernails etc.
- Pull bits off your braces.