



Post-Operative Orthodontic Care

Pain Management

Mechanical forces have been applied to the teeth and therefore it is normal for some level of discomfort to be felt. Rest assured, this is normal and all part of the process of moving your teeth into a more desirable position. We recommend you take mild analgesics to minimise the level of discomfort. This should decrease in the following weeks as you near your next adjustment visit.

Soft Tissue Disruption/Ulcers

Initially, having braces is like wearing in a new pair of shoes! Your lips, cheeks, tongue and gums are used to smooth surfaces, however, brackets of your braces are not smooth and it is normal to feel some soft tissue discomfort. This can come in the form of ulcers or abrasion where the bracket or hook is rubbing. Should this occur:

- Apply orthodontic wax to the bracket/s in the region that is rubbing
- Rinse with salt water 1-2/day to aid in soft tissue healing.

Diet Considerations

Braces are bonded on to your teeth using adhesive material. This means that when strong forces are applied to the bracket they can de-bond and come loose from time to time. To minimize this we strongly recommend you:

- Avoid biting into hard food items such as nuts
- Cut up apples/carrots etc into bite sized pieces and chew using your back teeth
- Avoid sticky foods such as toffee & minties as this will cause the bracket to break
- Consume a low acidic/neutral diet and avoid carbonated drinks (soft drinks, soda water), juices or high calorific foods/drinks

The bracket is protecting the tooth underlying to where it has been bonded. A high calorific/sugar diet will cause irreversible acid wear to the exposed surrounding tooth, meaning when your braces come off, irreversible white marks will be left on your teeth.

Oral Hygiene

Managing and maintaining your oral hygiene throughout your orthodontic treatment is integral to the overall result. Poor oral hygiene and plaque control can cause your brackets and retainers to de-bond along with the onset of periodontal disease, acid erosion and dental decay. Your daily routine should consist of:

- Brushing your teeth for 2 minutes morning and night (electric toothbrush is recommended)
- Use Superfloss or Picksters to clean in-between your teeth
- Use Picksters or a Tuft-End toothbrush to clean under the wire and around brackets after you consume food.
- Use an antiseptic mouthwash such as Listerine nightly after brushing.

Important Information

If a bracket does de-bond and come loose you need to notify us to ensure we schedule enough time at your next appointment to bond the bracket back on. Failure to notify us will mean that the procedure cannot be completed and will therefore result in your treatment taking longer.