

Bayside Orthodontists

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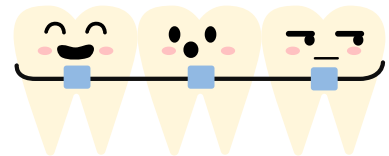
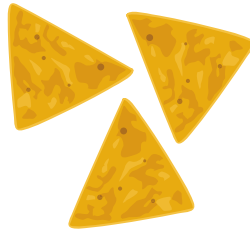
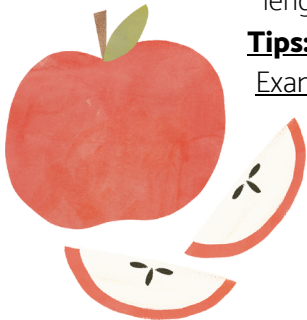


Foods to avoid

Sticky, chewie or hard food: can cause brackets to come off the tooth this will increase the length of your treatment time and the number of appointments you need.

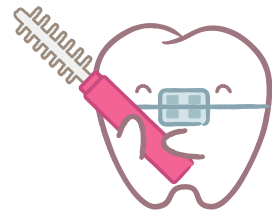
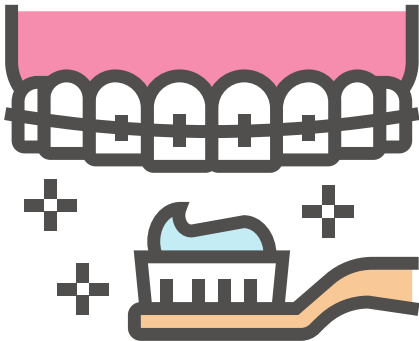
Tips: Use a knife and fork to cut up food

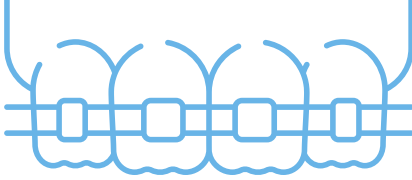
Examples : ice, corn chips, nuts, hard tacos, corn on the cob, bread rolls, chewy gum, toffee, hard lollies - lolly pops, minties, whole apples and carrots etc.



Brushing with Braces

- Ensure you are brushing twice a day, and ideally daily flossing/interdental cleaning
- Angle toothbrush towards the gumline, brush in a small circular motion, gently massaging the gums
- Brush under the brackets, above the brackets and the biting surfaces of your teeth
- Use an interdental brush between the teeth to help clear food debris





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What to expect & how to manage:

- Breakages of brackets or wires: most breakages can be fixed at your next appointment. However, we can assess and book an extra visit if needed. Just let the surgery know of any breakages.
- Pressure from teeth movement: may require pain relief for first couple of days. Please continue to eat well and drink plenty of water - try to have softer food/smoothies at the start of treatment.
- Abrasions/Ulcers from aligners/brackets/wires: use salt water mouth rinses to help with healing and to toughen your skin. Use wax to cover the sharp/broken wire/bracket. Use numbing gel/brace relief to provide temporary relief when eating/brushing

The initial start is always the hardest usually the first 2 weeks, and then it gets easier.

Any ongoing concerns/questions please do not hesitate to message us on your [Dental Monitoring](#) app.



REPAIR TIPS FOR BRACES

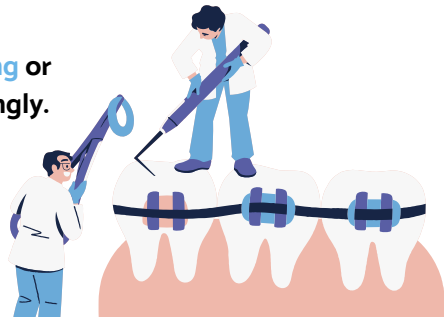
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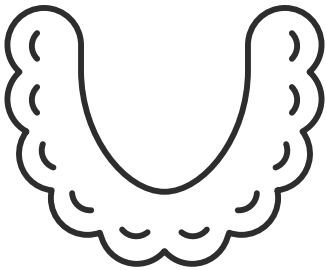
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For unexpected appointments, we often only have availability during school time

- **Wire Poking Out** If the wire is poking out or sharp, you can try to tuck it under the brace, or use dental wax to cover it. Sometimes you can trim the wire with clean nail clippers.
- **Bracket Off** take a DM scan for us to check and book a suitable appointment. Most of the time we can leave the bracket off until next visit
- **Hooks Off** When you are required to wear elastic bands, we place hooks on your brackets to palce the elastics onto. These hooks are fragile and can be broken off. While waiting for an appointment, you can hook the elastics around the whole bracket.

For any issues regarding your braces please scan on [dental monitoring](#) or send us a picture so we can see the problem and book you in accordingly.



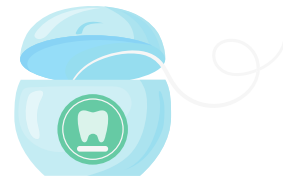


Aligners

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- Wear **22 hours a day** for the best change to occur as per the estimated time frame.
- Use ichew/chewie when insert aligners and where there is a gap in the aligner. The more you use the chewie, the faster your teeth move.
- Take aligners out for main meals and brushing teeth, can be left in for snacks and drinks. Certain foods/drinks can cause aligner to discolour e.g. curry/ turmeric
- Put aligners in your case when you are not wearing them.
- Brush your teeth twice/day as normal and floss once a day.
- Avoid flicking aligners with your tongue. This will cause breakage.
- Clean aligners with toothbrush and cold water. **Avoid hot water.** Dogs love to chew your aligners.
- Please keep all old aligners and bring them with you to your appointments.



TIPS FOR REMOVABLE RETAINERS

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Wear: Every night minimum 8h - 12h/day for first 6 months. We recommend you to keep wearing the night retainers for as long as possible to maintain your result.

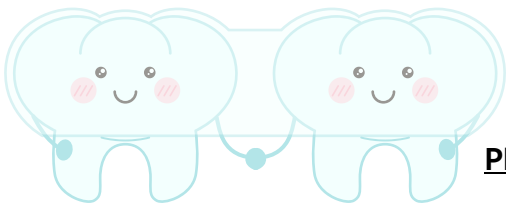
Teeth movements are unpredictable when they are not retained.

Care: Brush your retainers every morning using a toothbrush and cold water.

Do not soak retainers in hot water.

Keep them away from dogs.

Breakages: Please contact us ASAP if your retainers are lost or broken. It usually take 2 days to have new ones made. There will be replacement fee for lost/broken retainers.



Please ALWAYS bring your retainers to your appointments

TIPS FOR BONDED WIRES

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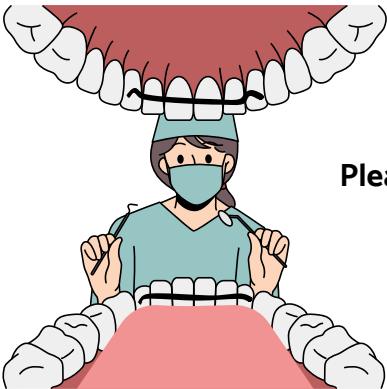
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Glue may come off: If it comes off of the end of the wire you can wear your removable retainers day and night to stop it from bothering you or alternatively you can put wax over it during the day and wear your removable retainers at night.

Wire comes off: please keep the wire and bring back to your appointment.
Continue wearing the removable retainers every night

Avoid: Biting hard food on your front teeth eg: whole apples and carrots, ice, pork cracklings, pens...

Please note there may be replacement fee if a new wire is needed



Brushing with A TPA or Plate

- Ensure you are brushing twice a day, and ideally daily flossing/interdental cleaning
- Angle toothbrush towards the gumline, brush in a small circular motion, gently massaging the gums
- Brush all around the plate and biting surfaces of your teeth.
- Use an interdental brush between the plates arms and plate of the mouth to help clear food debris.

