

## What to Expect with Braces

### Now that your braces are on

The adhesive used to attach your braces will not reach full strength immediately. Do not eat any food that may require chewing in the first 2 hours, perhaps a milk drink, yoghurt then follow with a light diet for the first day then back to a normal healthy diet. Chewing sugar-free gum after 24 hrs may help to make your teeth more comfortable. Use a small piece for only 5-10 minutes.

Every person's response to treatment will vary but you may experience some irritation to the soft tissue (inside the lips and cheeks) from the braces.

If your braces irritate and cause sore areas in your mouth, or if ulcers appear you can reduce the rubbing by applying the wax provided in the Patient Pack to cover the sharp or prominent points. It makes the surface smooth allowing some relief from the irritation of the brackets. Make sure the surfaces of your braces are dry before positioning the wax on them. If the area is not dry it will not stick. The wax needs to be moulded over the bracket or hook using some pressure. It may be necessary to remove the wax and replace it before/after you have eaten.

Aid healing with a warm saline mouth rinse morning and night (1 teaspoon to 1 cup warm water). Extensive or persistent ulcers can be controlled with the use of ointment eg Kenalog in Orabase. This is available without prescription from a pharmacy.

Minimise the discomfort from irritation by controlling plaque (a sticky white substance formed from bacteria, saliva and food) with efficient brushing.

See the information on Cleaning Your Teeth.

The light wire placed to straighten your teeth and help them line up may cause some soreness. If there is some discomfort, you may wish to consider some form of pain relief for the first 3-5 days. If pain is severe or persists for long periods please contact the Specialist Orthodontic Centre for further advice.

In the early stages of treatment, light wires may slip out of the brackets on the back of the teeth or as teeth move the wire can protrude from the tubes. If this happens please contact the Specialist Orthodontic Centre so we may schedule an appointment to have this adjusted.

The braces we use are very strong but they will not withstand eating very hard foods, chewing on pencils, etc. Patients should be able to complete treatment without any breakages occurring. If something breaks or feels loose you will need to contact the centre and schedule an appointment separate from your regular visit.