

# PATIENT INFO BOOK FOR BRACES

norwest  
**Orthodontics**  
Orthodontics & Dentofacial Orthopaedics for Adults & Children



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**SPECIALIST ORTHODONTIST**

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Congratulations on starting your orthodontic journey. This is the first step to a beautiful, healthy and amazing looking smile. At Norwest Orthodontics we believe that successful orthodontic treatment depends upon your understanding and co-operation. To make sure our journey is as easy as possible please follow some of the simple tips included in this booklet.

## ORAL HYGIENE CARE

Maintaining good oral hygiene is one of the most important things you can do for your teeth and gums. Healthy teeth not only look good but they make it possible to eat and speak properly. Therefore good oral health is important to our overall wellbeing. Daily preventive care, including proper brushing and flossing, will help stop problems before they develop and will keep your smile looking beautiful while preventing bad breath. People undergoing orthodontic treatment need to be even more dedicated to good oral hygiene.

All orthodontic appliances have a tendency to trap particles of food and collect plaque. Therefore it is essential to keep your teeth and gums clean when wearing orthodontic appliances. This makes brushing and flossing even more important to prevent the build-up of plaque which can result in gum inflammation and tooth decay.

- 1** If Dr Shimanto has prescribed elastics for you, remove them before brushing.



- 2** Using a fluoride toothpaste and a small soft toothbrush, place your brush at an angle of 45 degrees towards the gumline (this is where the gums & teeth meet). Gently brush along the gumline.

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### Do I still need to see my dentist?

It is important that you maintain your normal visits to your family dentist or school clinic during your orthodontic treatment to ensure oral health is maintained. Orthodontic treatment may need to be put on hold or stopped altogether if there is a significant deterioration in your oral health during the active treatment period.

**3**

Spend about 10 seconds on each tooth before moving onto the next tooth, brushing in a set pattern so that you do not miss any teeth.



**4**

Ensure to brush all surfaces of your teeth. Brush both the inside and the outside surfaces of your teeth using a gentle circular motion on each surface. For the chewing surfaces, use a firm back and forth motion.

**5**

Gently brush the braces. Press your toothbrush firmly enough so that the bristles spread into the gaps between the wire and the tooth. Brush in and around all of the brackets and wires. Ensure that you brush under the wires. A battery powered brush may be helpful.



**6**

Use interdental brushes to clean under the wire, around the brackets and around your gumline.

**7**

Superfloss may also be helpful to floss in between your teeth with braces on.



**8**

Spit out excess paste, then closely inspect your teeth and appliance in the mirror to check that they are clean and shiny.

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### *Will my teeth be sore?*

After an orthodontic appliance has been put on, it is usual for teeth to be sore for up to 24 hours. This initial discomfort may even last 3 to 4 days. Panadol will help to relieve this discomfort. A soft diet is also recommended.

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# KNOWING ORTHODONTIC TERMS AND UNDERSTANDING YOUR TREATMENT

## A. Archwire -Wire

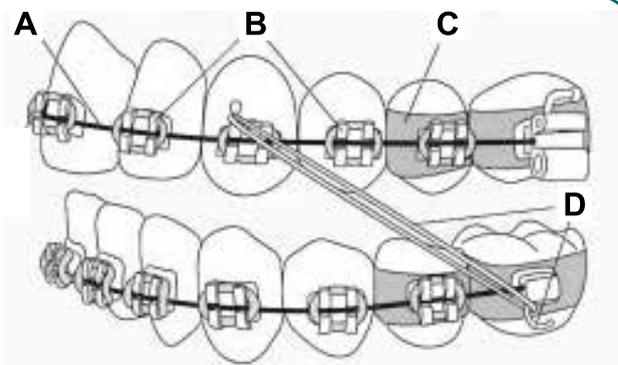
The archwire is tied to all of the brackets and creates force to move teeth into proper alignment.

## B. Brackets

Brackets are connected to the bands, or directly bonded on the teeth, and hold the archwire in place.

## C. Metal Band

The band is the cemented ring of metal which wraps around the tooth.



## D. Elastic Hooks & Rubber Bands

Elastic hooks are used for the attachment of rubber bands, which help move teeth toward their final position.



Orthodontics plays an important role in improving overall oral health and achieving balance and harmony between the face and teeth for a beautiful and healthy smile which can in turn enhance your self esteem. Properly aligned teeth are easier to brush and so the risk of decay may be decreased as may the likelihood of developing disease of the gums and supporting bone.

Ask your clinician or treatment coordinator to explain anything you don't understand. Clarify with us what is expected of your child, teenager or yourself to achieve the best possible results. Our Norwest Orthodontics team wants you to understand the treatment being offered and welcomes questions.

## THE INITIAL ORTHODONTIC ARCHWIRE

The first wire that is placed the day your braces are fitted is made of a special material which has shape memory. In order to move teeth this wire needs to be flexible and as a result the wire may displace from the back molar brace. This is one of the most common orthodontic emergencies and may be avoided if the patient avoids hard sticky foods. Should the wire displace and is not poking into your cheek there is no need to attend our practice before your next scheduled appointment. However, if the wire is irritating please call our practice on 02 9672 6113 to schedule an emergency appointment

As teeth move in the first six weeks after the braces have been placed the wire will tend to protrude towards the back of the last tooth. This can sometimes cause irritation to the mouth, especially when eating. Placement of a small amount of orthodontic relief wax makes an excellent buffer between metal and mouth (in your oral hygiene bag). If the wire is continuing to cause irritation please contact our practice. I hope this helps you understand that, while emergencies may occur within the first few weeks of the braces being placed, they become less frequent as your treatment continues.

# TIPS TO ENSURE TREATMENT IS SUCCESSFUL



Ensure teeth and braces are brushed frequently and properly. Good oral hygiene means removing bacterial plaque which can cause inflammation of the gums, loss of supporting bone, and tooth decay.



Brush teeth, gums and braces three times a day (especially after eating).



Use floss or an interdental brush to clean between teeth at least once daily (ideally before bed).



Use a fluoride toothpaste to help reduce the risk of cavities.



It is normal to have discomfort for a day or two after braces are adjusted or elastics are started. However, it can make eating uncomfortable. This discomfort is normal and temporary and can be assisted by use of mild pain relief e.g. paracetamol or ibuprofen as well as a soft diet.



Braces do not cause mouth ulcers. However, they may be exacerbated by an irritation from braces. Prompt relief can be achieved by applying a small amount of topical anaesthetic (such as Bonjela gel) using a cotton swab.



Carry a toothbrush, interdental brushes and/or floss at all times so that you or your child can clean your teeth anytime, anywhere.



Inform our team of any unusual symptoms, an accident to the mouth, or broken or loose appliances/brackets as soon as they are noted.



Advise our clinicians if there are any changes to your or your child's general medical health.



Keep all orthodontic appointments.

# DIET

Diet can play a major role in the health of the oral cavity. Foods high in sugar are the worst for teeth when it comes to the development of decay. Bacteria in the mouth metabolize these sugars and during this process produces acid. The mouth can become more acidic which can cause demineralization of the enamel surfaces of the teeth, which over time forms cavities. While undergoing orthodontic treatment you need to think twice about eating foods that could increase your risk of cavities. You should also avoid anything that may damage or break your brackets or wires.

A balanced diet is always important for healthy teeth and gums and general wellbeing but while your teeth are tender eating soft foods or cutting food into smaller mouthfuls will help.

## Foods to avoid

<b>Chewy foods</b>	bagels, licorice		
<b>Crunchy foods</b>	popcorn, chips, ice		
<b>Sticky foods</b>	caramel candies, chewing gum		
<b>Hard foods</b>	nuts, hard candies		
<b>Foods that require biting into</b>	corn on the cob, apples, carrots		

# Foods you can eat

<b>Dairy</b>	soft cheese, pudding, milk-based drinks	
<b>Breads</b>	soft tortillas, pancakes, muffins without nuts	
<b>Grains</b>	pasta, soft cooked rice	
<b>Meat/Poultry</b>	minced beef, ham, slow cooked meat, shredded chicken, tuna, salmon, crab cakes.	
<b>Vegetables</b>	mashed potatoes, steamed spinach, beans	
<b>Fruit</b>	apple sauce, bananas, fruit juice	
<b>Treats</b>	ice cream without nuts, milkshakes, jelly, soft cake	

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You may still enjoy your favourite crunchy fruits and vegetables or steak whilst wearing orthodontic appliances - just be sure to cut or slice them up in to small pieces

# CARING FOR RETAINERS

After your active orthodontic treatment ends you will be given retainers. Retainers are an important part of orthodontic treatment. Retainers maintain the teeth in their new positions while the teeth stabilise. These retainers may be fixed, removable or both. Follow Dr. Shimanto's instructions on retainer wear as it's the best way to keep your teeth looking fabulous. If you have a fixed retainer interdental aids may be convenient to use. These include products such as Pixsters and Superfloss. If you are issued with a removable retainer it is important to keep it clean. Every time you brush your teeth make sure you brush your retainer as well with a soft toothbrush and cold water. If you begin to notice an unpleasant odour, a small pea-sized amount of toothpaste can be used when cleaning the retainer.



# STERILISATION

At Norwest Orthodontics our patients' wellbeing is our priority. That's why the cleanliness of our environment is of the utmost importance and something we pride ourselves on maintaining at all times.

- We ensure all our staff are trained in the latest infection control procedures and wear appropriate safety garments when treating patients.
- All our instruments are sterilised after every use or are single use only.
- Our staff is committed to providing a hygienic environment for all our patients.

# TOOTHBRUSHES

We request all patients to brush their teeth before coming to their appointments. We have a range of toothbrushes available for purchase and a toothbrush bay in the practice where you can clean your teeth.

# APPOINTMENTS

We have a SMS reminder service to help remind you of your next appointment. The length of time we will schedule for you depends on the procedure that has been prescribed for you. You will be seen at regular intervals during the course of your treatment. It is very important to keep your appointments so we can complete your treatment as scheduled.

# OUR FLEXIBLE INTEREST FREE PAYMENT PLAN

Financial constraints should not inhibit your ability to achieve the smile you desire. We understand this and offer a range of flexible interest free payment plans to allow you to pay for the service over time. Typically there is an initial deposit required at the start of treatment and the balance is paid in monthly instalments during the course of treatment. Please speak to your treatment coordinator or Shivi Dev, our Practice Manager, to discuss any queries in relation to your payment plan.

## HEALTH INSURANCE

Norwest Orthodontic's primary focus is the wellbeing of our patients. The orthodontic plan prescribed is based upon providing you with the best possible treatment tailored to your individual circumstances and needs. As a specialist clinic we are committed to providing the highest level of specialist care and treatment for our patients. We are not allied to any health insurers nor able to process rebates on site. We can provide you with a payment receipt which you can lodge with your health insurer to allow you to receive your rebate directly. Should you require assistance with claiming we can provide you with any necessary documentation.

## PAYMENT OPTIONS

For your convenience we accept payments in cash, cheque, credit card, EFTPOS and direct debit. Please note there is an additional 2% surcharge on all credit card payments.



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Famous Orthodontic Patients:  
- Emma Watson, Katy Perry,  
Justin Bieber, Dakota Fanning  
and more

# PARKING

Parking is available at the front of the practice building. There is also parking underground.

## ADDRESS & CONTACT INFORMATION

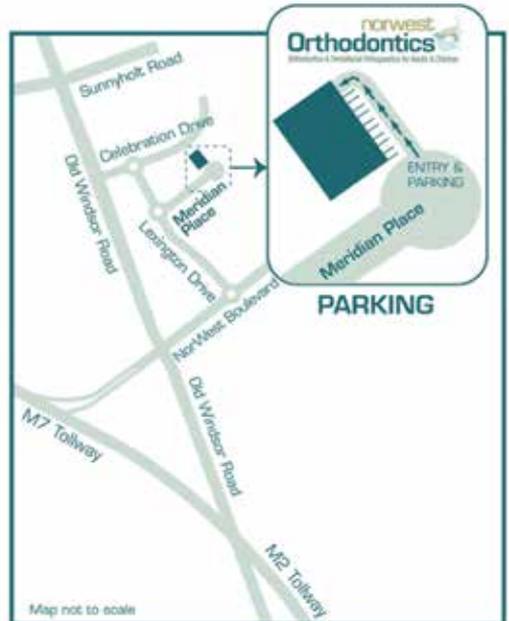
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Please visit our website for further detailed information and helpful tips to help you understand orthodontic treatment better. We look forward to seeing you at your next visit!