

# PATIENT INFO BOOK FOR DISTAL JET

**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.

## WHAT IS A DISTAL JET?

Dr Shimanto has determined that a Distal Jet is necessary for you or your child. A Distal Jet is a fixed orthodontic appliance that is used to move the upper molars back. Once the upper molars are in the ideal position, the Distal Jet is removed and is followed by braces.

### FAQ

#### Will the Distal Jet Affect my Speech?

Initially after having the Distal Jet fitted, you may notice that your speech is slightly altered. This is completely normal and temporary. We recommend reading out loud or even talking a little bit more to help improve your speech.

## 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**

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.

**2**

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.



**3**

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.



**4**

Using your toothbrush gently brush all the components of the Distal Jet to remove any plaque or debris. A battery powered brush may be helpful.



**5**

Use interdental brushes (such as Piksters) to remove any food caught around your Distal Jet appliance and to clean around the gumline.



**6**

Ensure to continue to clean in between your teeth with superfloss, regular floss or Piksters.



**7**

Spit out excess paste and do not rinse with water. Allow the fluoride toothpaste to stay on the teeth as it helps strengthen the enamel.



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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 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 significant deterioration in your oral health during the active treatment period.

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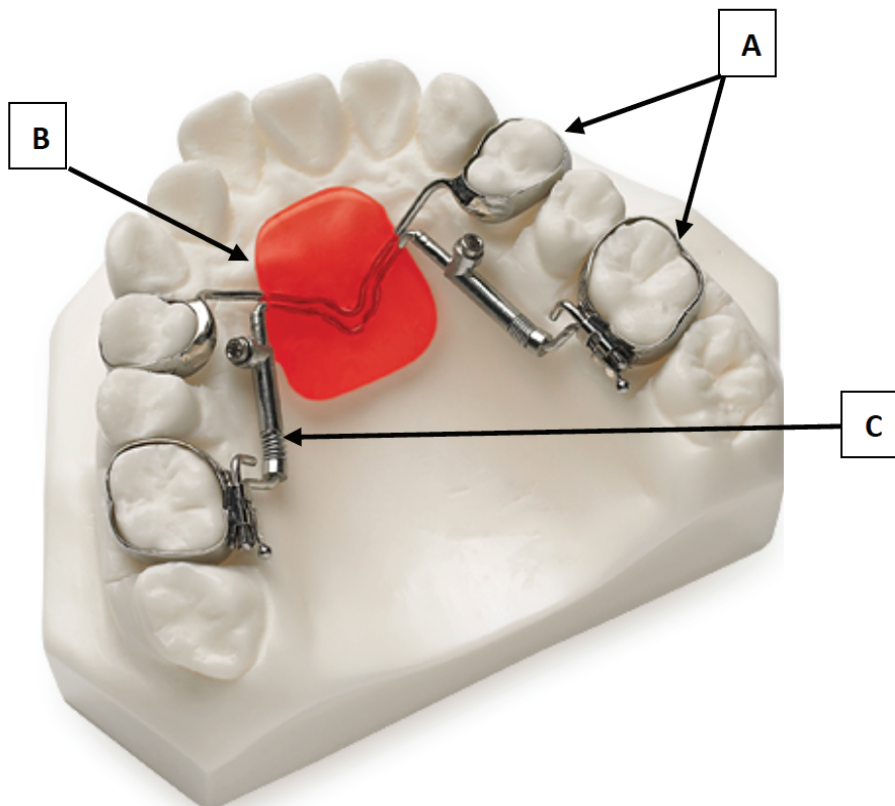
### Will my teeth be sore?

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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# GETTING TO KNOW YOUR DISTAL JET



- A. **Bands**  
These are metal bands that wrap around the tooth and are cemented to the tooth.
- B. **Anchor Pad**  
The anchor pad acts as a supporting structure for the Distal Jet appliance.
- C. **Spring**  
The spring is activated at each appointment to gradually move the upper molars back.

# TIPS TO ENSURE TREATMENT IS SUCCESSFUL



Ensure your teeth and Distal Jet 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 your Distal Jet 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 the Distal Jet has been adjusted. The discomfort is normal and temporary and can be assisted by the use of mild pain relief e.g. paracetamol as well as a soft diet.



The Distal Jet does not cause mouth ulcers. However, they may be exacerbated by an irritation from the appliance. Prompt relief can be achieved by applying a small amount of topical anaesthetic (such as Bonjela gel) using a cotton swab.



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



Keep all orthodontic appointments.



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






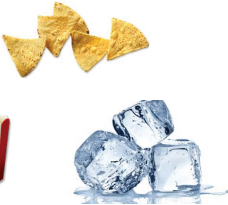






Inform our team of any unusual symptoms, an accident to the mouth, or if your Distal Jet is broken as soon as they are noted.

# 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 Distal Jet appliance.

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

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# 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

**Address:** Suite 11, 6 Meridian Place  
Bella Vista, NSW 2153 Australia

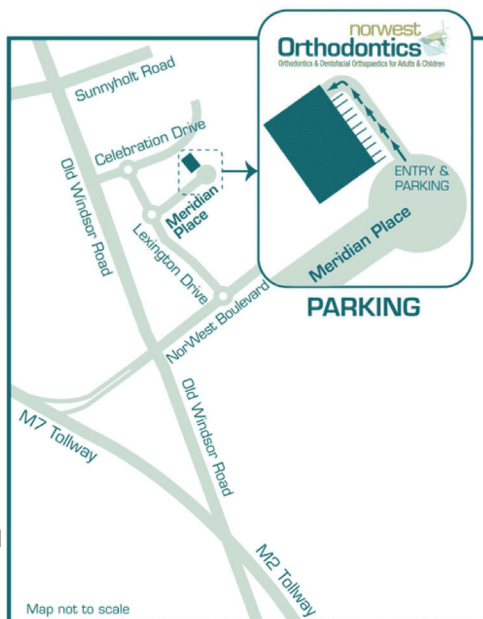
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**Website:** [www.norwestortho.com.au](http://www.norwestortho.com.au)

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!



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