

PATIENT INFO PACK FOR PLATES

norwest
Orthodontics 
Orthodontics & Dentofacial Orthopaedics for Adults & Children



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Follow us on:   

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 your Orthodontist has fitted you with elastics, remove them before brushing.



- 2** Using a fluoride toothpaste and a small soft toothbrush, place your brush at an angle of 45 degrees against the gums. Gently brush along the gumline where the gums and teeth meet using a small circular motion on each tooth.

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Do I still need to see my dentist?

It is important that you maintain your normal six-monthly 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

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.

5

Brush both the inside and the outside surfaces of your teeth using a gentle circular motion on each tooth.



6

For the chewing surfaces, use a firm back and forth motion.



7

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



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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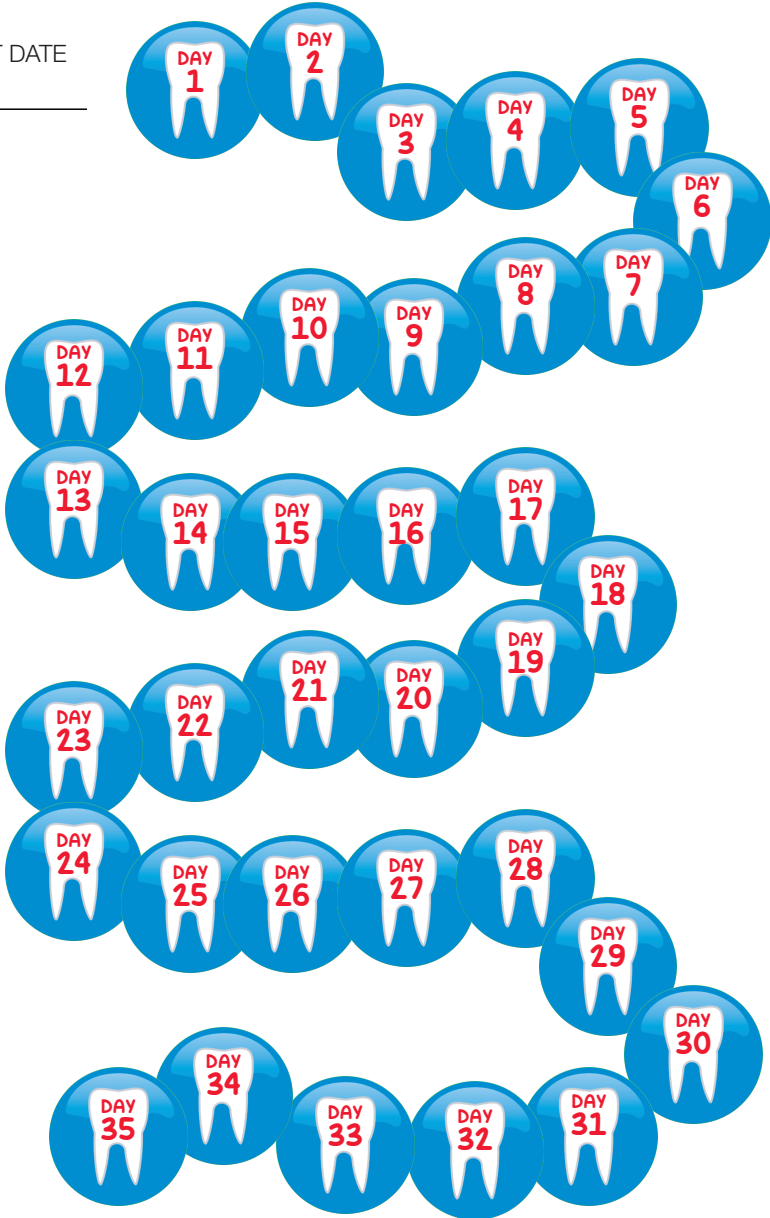
Will my teeth be sore?

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.

PLATE ACTIVATION LOG

Tick off each day as you activate your plate. This template will help you stay on track for your next visit.

START DATE

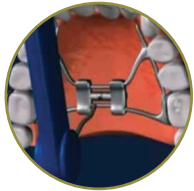
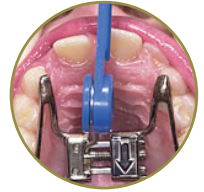


Here is a picture summary of how we have shown you to activate your plate.



1 Place the tip of the key in the slot in the middle of the plate.

2 Turn the key in the same direction as the arrows, towards the back of the mouth.



3 Once the next slot appears and you hit a firm resistance, gently slide the key out towards the tongue.

4 Be very careful that the key is not turned back upon removal and the next slot is completely visible.

5 Expand once a day for days.

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Can I Continue Playing Sports While Wearing Braces or a Plate?

You can continue to participate in any sport you choose when you have braces. When playing sports where there is a possibility of getting hit in the mouth a specially designed mouthguard should be worn. Our practice is able to provide you with a customized mouthguard designed to fit comfortably over your braces and will protect the soft tissues inside your mouth.

ORTHODONTIC EMERGENCIES

Orthodontic emergencies occur occasionally and, although they may be a little upsetting for the patient and parents, they are usually fairly simple to treat.

Common Emergencies

Management

FOOD CAUGHT BETWEEN TEETH

This is not an emergency, but can be a little uncomfortable or embarrassing. Use a toothpick to dislodge food caught between teeth and braces.

PAIN AFTER GETTING BRACES

It is normal for a patient to have discomfort for a day or two after braces. Encourage soft foods. If the patient is allowed to have over-the-counter

DISCOMFORT WHILE EATING

Sometimes new braces can be irritating, especially when the patient is eating. Pinch off a small piece and roll it into a ball the size of a small pea. Flatten the wax is accidentally ingested as it is harmless.

LOOSE SEPARATORS

If a separator falls out a day before your appointment, You do not have to be replaced. If placement please contact us to book an appointment for a replacement.

MOUTH SORES

Some patients are susceptible to episodes of mouth sores. While braces are worn, ulceration of the cheeks, lips or tongue may appear. This is not an emergency. A small amount of topical anaesthetic (such as Orabase, Difflam or Ora-Gel) can also be helpful.

POKING WIRE

Gently push the wire so that it is flat against the tooth. If the wire cannot be moved, it may still be necessary in the meantime to provide comfort to the irritated

LOOSE BRACKET, WIRES OR BANDS

Call us to make an emergency appointment. Keep the bracket/wire/band

BROKEN FIXED RETAINERS

Contact us immediately to make an emergency appointment.

BROKEN/BENT WIRE

Do not try to place the wire back in the bracket. If sharp, use ortho wax

BROKEN PLATE

Bring your plate to the appointment and stop wearing the plate only if it



ing for the patient. It is easily fixed with a piece of dental floss or use an interproximal brush or

or retainers are adjusted. Reassure the patient that the discomfort is both normal and temporary. Pain relievers, these may be effective.

ating. A small amount of relief wax makes an excellent buffer between metal and mouth. Simply roll the ball and place it completely over the area of the braces causing irritation. It is not a problem if

to come back for a replacement. However if a separator is loose or has fallen out within a few hours of

do not cause them, they may be precipitated by an irritation from braces. One or several areas of irritation, but may be very uncomfortable for the patient. Prompt relief may be achieved by applying a separator directly to the ulcerated surface using a cotton swab. Reapply as needed. Warm Saline rinses daily

be moved into a comfortable position please call us to make an emergency appointment. Relief wax over the area.

and bring it to your appointment.













causing pain and discomfort.

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 produce 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 during your time in braces.

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

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The nickel titanium in some braces wire was originally developed by NASA with shape memory properties (meaning it keeps its shape) that are activated by body heat and/or pressure.

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Will braces cause ulcers in my mouth?

When you first get braces you could experience some ulcers in your mouth due to irritation. Rinsing with warm salty water several times a day will help. We provide orthodontic wax to our patients when they get braces as this helps protect the inside of your lips and cheeks from rubbing against the brackets.

Foods you can eat during your time in braces.

Dairy	soft cheese, pudding, milk-based drinks			
Breads	soft tortillas, pancakes, muffins without nuts			
Grains	pasta, soft cooked rice			
Meat/Poultry	tuna, salmon, crab cakes			
Vegetables	mashed potatoes, steamed spinach, beans			
Fruit	apple sauce, bananas, fruit juice			
Treats	ice cream without nuts, milkshakes, Jell-o, soft cake			

CARING FOR RETAINERS

After active orthodontic treatment ends many patients get retainers. Retainers are as an important part of Orthodontic treatment as braces. They help hold teeth in their new positions while the teeth stabilise. Follow Dr. Shimanto's instructions on retainer wear. It's the best way to keep your teeth looking fabulous.

Every time you brush your teeth brush your retainer as well. Thoroughly rinse the retainer with plain water before placing it back in your mouth.



STERILISATION

At Norwest Orthodontics, our patients' wellbeing is our main 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 and sterile environment for all our patients.

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The first braces were designed in 1728, consisting of a flat piece of metal connected thread. Orthodontic brackets were invented in 1915.

TOOTHBRUSHES

We request all patients to brush their teeth before coming to their appointments. We have a range of toothbrushes available for purchase.

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 orthodontic treatment you desire. We understand this and we offer a range of flexible interest free payment plans to allow you to pay for the service as it is delivered over time. Typically, there is a small initial deposit required at the start of treatment and the balance is paid in monthly installments 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 plan.

Health Insurance

As we are a specialist clinic providing specialist care and treatment for our patients, we are not able to process your health insurance rebates at our practice. We will provide you with a payment receipt which you can lodge with your health insurer to receive your rebate directly back from your health insurer. We are more than happy to provide you with a statement of your payment if you require so.

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.

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PARKING

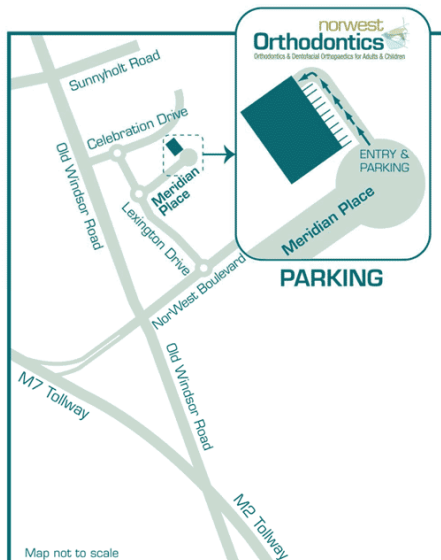
Parking is available at the front of the practice building. There is also parking underground.

PRACTICE HOURS

Mon – Thurs 8.00 am – 6.00 pm

Fri 9.00 am – 1.00 pm

Saturday - Consultation only by prior appointment.



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



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