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## HOW TO HELP YOURSELF DURING ORTHODONTIC TREATMENT

The success of your treatment depends on your co-operation.

Always keep your appointment – if you miss one, please telephone for another promptly.

For the first 72 hours after fitting of the appliances, your teeth will be tender. To overcome this tenderness as quickly as possible, **you must use your teeth**. Chew evenly and carefully. Chewing sugarless chewing gum (e.g. Recaldent, Extra) will help to relieve the discomfort. Rinsing the mouth out with a very warm salty water solution before and after meals (one teaspoon of salt in a large glass of very warm water) will also reduce the pain. Take a mild analgesic every four hours if the tenderness is severe. This initial soreness will be the worst experienced.

### DO'S AND DON'TS WITH FIXED APPLIANCES

#### PLEASE DO:

Clean your teeth thoroughly after meals, especially after any meals not at home (e.g. lunch). The braces themselves will not damage the teeth, but the food left around them will cause both tooth decay and swollen gums. An 'Oral B' Sulcus brush will initially be given to you. Replacements can be purchased at our surgeries.

If you have a sore spot, cover the sharp edge with wax or cotton wool and contact the surgery if soreness persists.

If you break anything, contact the surgery, and bring the pieces when you come. Complete co-operation in wearing of elastics is absolutely essential. Take them off for cleaning only. Telephone the surgery when supplies are low.

#### PLEASE DON'T:

Don't eat sweets (lollies, chocolates etc.), in particular "sticky" lollies.

Don't eat large pieces of food – cut into small pieces.

Don't fiddle with your appliances with your tongue or fingers or pens.

**IT MUST BE EMPHASISED THAT  
REGULAR VISITS TO YOUR DENTIST ARE STILL IMPORTANT.**

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