

OTAGO
ORTHODONTICS

IMPORTANT FACTS TO REMEMBER

- To successfully complete the treatment plan on time, you must work together with your Orthodontist
- The teeth and jaws can only move toward their corrected positions if you consistently wear the rubber bands or other appliances as prescribed
- Remember that damaged appliances lengthen the treatment time

Otago Orthodontics is a place where the genuine care and comfort of our patients is our ultimate mission



Day	Hours
Monday	8:15am - 5:00pm
Tuesday	8:15am - 5:00pm
Wednesday	8:15am - 5:00pm
Thursday	8:15am - 5:00pm
Friday	8:15am - 5:00pm
Saturday	Closed
Sunday	Closed



Otago Orthodontics

86 Stuart Street

Dunedin

orthotago@xtra.co.nz

Phone: 034776372

OTAGO
ORTHODONTICS



Braces care

Otago Orthodontics

Phone: 034776372

Email: orthotago@xtra.co.nz

CARING FOR YOUR NEW BRACES

True orthodontic emergencies are rare, but when they occur we are available to you. As a general rule, you should call our office when you experience severe pain or have a painful appliance problem you can't take care of yourself. We'll be able to schedule an appointment to resolve the problem as soon as possible.

You might be surprised that you may be able to solve many problems yourself temporarily until you can get to our office.

- If your braces are poking you, put soft wax on the piece that's sticking out.
- If the wire has slid to one side, you can pull it back to the other side with pliers or tweezers, putting it back into the tube on the back tooth.
- If your wire is pokey or the last bracket has broken, cut the wire with some nail clippers or wire clippers. Cut it as close as you can to the bracket in front.
- If you lose a coloured O-ring, you can replace yourself using tweezers or call us and we can do this for you, there is no urgency for this procedure.

Once you are comfortable, it is very important that you still call our office as soon possible to schedule a time to repair the problem. Allowing your appliance to remain damaged for an extended period of time may result in disruption to your treatment plan and extension of your treatment time.

GENERAL SORENESS

When you get your braces on you may feel general soreness in your mouth and your teeth may be tender to biting pressures for 3 to 14 days. Stick to a soft diet until your teeth do not hurt to chew. Irritated gums and other sore spots can be relieved by rinsing your mouth with a warm salt water mouthwash. Dissolve one teaspoon of salt in a glass of warm water and rinse your mouth vigorously. Placing an ulcer gel like Curasept Afterapud on the affected area may also help relieve discomfort. If the tenderness is severe, take Panadol or whatever you normally take for a headache or similar pain. Aspirin and Ibuprofen are pain killers that can actually slow the tooth movement, so it is not advisable to use them frequently while wearing braces. The lips, cheeks, and tongue may become irritated for one to two weeks as they learn a new posture and become accustomed to the surface of the braces. You can put wax on the braces to lessen this. We'll show you how!

EATING WITH BRACES

What can you eat? For the first 5 days, stick to soft foods, like mashed potatoes and soup. Avoid tough meats, hard breads and raw vegetables. As long as you are wearing braces you'll need to protect your orthodontic appliances when you eat. Make sure you follow the instructions our team gives you at your braces appointments.

WHAT FOODS TO AVOID?

Bagels	Ciabatta bread
Fruit roll ups	Lollies
Popcorn	Ice
Chips	Pretzels
Nuts	Hard crusty breads
Raw vegetables	Whole fruit (apples, pears, stonefruit)

Damaged braces will cause treatment to take longer!

LOOSENING OF TEETH

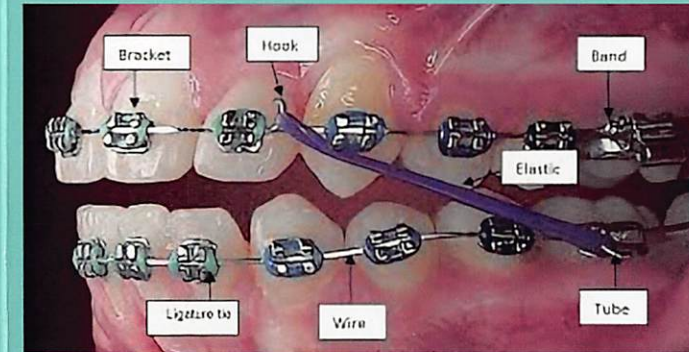
This is to be expected throughout treatment. But don't worry. It's normal! Teeth must loosen first so they can be moved. The teeth will again become firm/stable in their new corrected positions.

LOOSE WIRE OR BAND

Don't panic if a wire or band comes loose. This happens occasionally. If a wire protrudes and is irritating, use a blunt instrument (back of a spoon or the eraser end of a pencil or end of a toothbrush) and carefully, gently push the irritating wire back in or simply get it out of the way. If irritation to the lips or mouth continues, place wax or cut (with nail clippers or wire cutters) the loose bracket and wire as close as you can to the bracket in front. Call us as soon as possible for an appointment to check and repair the appliances.

If any piece comes off, save it and bring it with you to the practice. If you are wearing rubber bands and a bracket is broken, then stop elastics until the bracket is fixed.

WHAT ARE THINGS CALLED



Use the diagram to help you with the names of the different parts of your braces. Before you call us, find out what is broken, if it is sore and which tooth is involved. We will always try our best to fit you in as soon as possible. These extra breakage appointments are scheduled between 8.30am and 3pm. Call us on 034776372.

ELASTICS

Remember to:

- wear elastics all the time unless your orthodontist advised otherwise
- full time wear means all day and to sleep at night, only remove elastics when eating, playing sports with a mouthguard and brushing your teeth
- change your elastics three times a day
- If you run out of elastics, pop in to see us to get some more or we can post you some if you are from out of town
- keep elastics with you during the day so you can replace them if they break or if you lose one

BRUSHING

It is more important than ever to brush and floss regularly when you have braces, so that the teeth and gums are healthy after orthodontic treatment. Patients who do not keep their teeth clean may require more frequent visits to the dentist for a professional cleaning. Adults who have a history of gum disease should also see a Periodontist every 3 - 6 months during orthodontic treatment.