

Smiles Better!

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Perfect Results With Fixed Braces

Everyone wants perfectly straight teeth - but extra care is needed when you wear a brace.

Fixed braces or train tracks have become more popular among children, they can have coloured bands placed to match their uniform or their favourite football team, and it has now become 'cool' to be seen wearing them!

Every parent wants the best for their child and they are keen for them to have perfect straight teeth, but all too often I see kids with decay occurring around the brackets or swollen inflamed bleeding gums due to poor tooth brushing.

After the braces have been removed some are left with white/yellow marks on their teeth due to the enamel being damaged.

So, what would you rather have, crowded or crooked teeth with no holes, or perfectly straight teeth with decay and yellow marks?

Here are my top tips to ensure perfectly straight, cavity free teeth while wearing fixed braces.

DIET

Avoid sugary foods and sweet, fizzy drinks between meals.

Avoid eating any sticky or very hard foods such as toffees, chewing gum or rock as they will damage or distort the brace.

Cut up harder fruit and vegetables (e.g. crisp apples, carrots) into smaller pieces before eating them.

CLEANING

Rinse with water after every meal, or if you can brush to remove food which may have become stuck.

Brush twice daily using a toothpaste containing fluoride. Tooth brushing will take twice as long!

Use a fluoride rinse such as Colgate Fluorigard alcohol free once a day, ideally at a different time to brushing e.g. after school.

A manual or electric toothbrush head should be changed every few months.

Single tufted toothbrushes and interdental brushes should also be used to get into difficult areas. You can always check how well you have brushed by chewing on a disclosing tablet!

Continue to visit your dentist for check-ups whilst having orthodontic treatment so we can keep an eye on your teeth and gums and give you tips on cleaning your teeth.

GENERAL

Biting your finger nails may result in damage to your braces. Do not touch, play with or pick at your brace. The more you look after you braces, the sooner your treatment will be completed.

If your brace becomes damaged or a component is digging into your lips or cheek contact your orthodontist for an appointment.

Parents need to keep an eye to ensure all of the above are being adhered to!

If you have any questions or queries ask your dentist or orthodontist the next time you are in!

Nuala