BEACONSFIELD
DENTAL

AFTERCARE

BRACES · AFTERCARE GUIDE

So you just got your braces, what's next?

Everything you need for the first few weeks with braces: easing soreness, keeping them clean, using orthodontic wax and what to eat.

Pain and soreness

It is normal for your teeth and mouth to feel a little different after your braces are fitted. Mild soreness is expected and usually settles within a few days. This is normal and should gradually improve. To help relieve discomfort:

- Choose soft foods for the first few days.
- Drink cool water or use an ice pack against the outside of your cheek.
- If needed, take an appropriate pain relief (Panadol or Nurofen).
- If your braces are rubbing against your cheeks or lips, use orthodontic wax.

Keeping your braces clean

Good oral hygiene is especially important when you have braces. Brushing helps prevent stains, gum problems, bad breath and plaque build-up. Try to brush after every meal. If you can't, rinse your mouth with water or mouthwash until you can brush.

Brushing

Use a soft toothbrush to clean around your brackets and wires, where food and plaque can get trapped. Brush along the gum line at a 45-degree angle, then brush above and below the brackets to clean all areas.

Flossing

Flossing with braces can be tricky, but it is important for keeping your teeth clean and healthy. Flossing removes food and plaque stuck around your braces. If regular floss is hard to use, try super floss or interdental brushes (Piksters). Always floss gently to avoid hurting your gums or damaging your braces.

Pokey wires and orthodontic wax

Your mouth will begin to adjust to having braces, however this may cause some irritation on your inner lips or cheeks. To relieve this we advise the use of orthodontic wax. The wax creates a smooth barrier and can make the area much more comfortable.

To use orthodontic wax:

1. Wash and dry your hands.
2. Take a small piece of wax and roll it into a small ball.
3. Make sure the area is dry or the wax will not stick.
4. Press it over the wire or bracket that is rubbing.

⚠ **Broken or sharp wire?** If a wire is broken, very sharp or continues to cause problems, contact us for advice. Please do not try to cut or bend the wire yourself.

What foods can I eat?

During your orthodontic treatment you will have some limitations with what is “safe” to eat. This means sticking to foods that will not damage, break or snap wires, or even detach brackets. During the beginning of your treatment, especially while your teeth are sore, choose soft foods such as:

Pasta · Rice · Eggs · Yoghurt · Soft cheese · Soup · Mashed potato · Soft-cooked vegetables · Soft fruit · Fish · Tender meat cut into small pieces · Smoothies

As your treatment progresses you will be able to reintroduce more of your regular diet.

Foods I should avoid

Hard, sticky or very chewy foods can damage brackets and wires.

Popcorn · Nuts · Hard lollies · Toffee, caramel and chewy sweets · Chewing gum · Ice · Hard or crusty bread · Hard chips or pretzels · Hard raw fruit and vegetables

ⓘ **A good rule: cut, don’t bite.** You can still enjoy foods such as apples and carrots. Just cut them into small pieces rather than biting directly into them.

Questions about your braces?
Give us a call and our friendly reception team would be happy to help.
(03) 9707 3508