

Congratulations on starting your Brace journey!

Here are few tips to help you on your way

How to clean your braces

- Use a manual or electric toothbrush in circular movements over the bracket and teeth
- Angle the toothbrush to clean the gums also
- No rinsing will ensure the fluoride in the toothpaste will protect your teeth for longer
- To get in between the teeth, use floss or interdental brushes
- Clean your teeth and gums after each meal, rinsing first
- Your Oakwood welcome kit will contain everything you need to get started

If the teeth and gums are not clean the teeth will stain where the brackets were and your gums will become swollen and bleed.

Foods to avoid

- Hard – nuts, popcorn, pizza crusts,
- Sticky - toffees, candy
- Chewy – chewing gum
- Other hard or particularly crunchy

Please avoid drinking sugary, fizzy or energy drinks as these can damage teeth and aid decay. Straight teeth with holes is not what you or The Oakwood Clinic want during or at the end of your treatment.

Will my braces hurt

Cut food up, rather than biting directly into them. There is usually minimum pain when braces are applied to teeth. Most patients feel some discomfort and need a little time to adjust to their braces as their teeth realign. For example, eating a meal may take a little longer at first and feel different than usual.

In cases where the discomfort caused by the braces is painful, it can be relieved with over-the-counter pain medication.

What if I have any breakages or an emergency

Please contact the clinic and we will arrange an appointment to replace any brackets off. In the initial stages your wire will be quite flexible and may need trimming as the teeth are repositioning. If anything is irritating, please contact us to come in.

Just remember to enjoy your journey and at the end we will compare your original pictures to your new smile and say WOW!!

Freedom to smile