

FLOSSING or WATER PICK

Flossing is necessary when wearing braces. Although slightly more time-consuming. To make it easier you can use Super Floss. It has a hardened piece, which is easy to place under the wire.



Ideally, a water pick should be used, it is a device that aims a stream of water at your teeth. A water pick can help remove food particles & bacteria from your teeth and gum line thus helps reduce bleeding and gum disease

WAX / HANDLING EMERGENCIES

Should anything hurt you, put a piece of wax or Gishy Goo! on it. If necessary make an emergency appointment.



Gishy Goo is an excellent product; it has a silicone base which helps it to stick longer on your braces, and doesn't come off when you eat!



Sometimes the inside of your cheeks will be irritated, this is just because they still need to get used to the braces. You can use Gishy Goo for this purpose too.

Our **Emergency Kit** contains all the necessary



Emergencies

aids you may need in **emergencies** and is available for purchase from reception.

If you experience pain from the braces you may drink painkillers such as Panado / Disprin.

Soft, sugar-free chewing gum helps to minimize the discomfort after we have done adjustments. Therefore you should chew on it to stimulate the blood circulation.



THINGS TO REMEMBER

Don't put your fingers in your mouth and play with the braces or wires.

If anything is broken or hurting you, please phone us so that we can determine if you need to be helped sooner than your regular appointment.

Don't throw anything away that breaks or falls off – keep it and bring with your appointment.

Always wear a **custom-made mouth guard** for contact sports. Enquire at reception about our **custom-made mouth guards**.



Should you have any queries or problems during the treatment, please don't hesitate to contact us! We are only too pleased to help you whenever we can, but we are only able to do so if we are aware of your problems!



ENJOY YOUR SMILE!

Purchase your ALL-in-One Banding Bag - {also available from reception}, which has all the correct products for you to look after your smile!

For more information, visit us on www.pretoriasmile.com



DR EMAD GHABRIAL

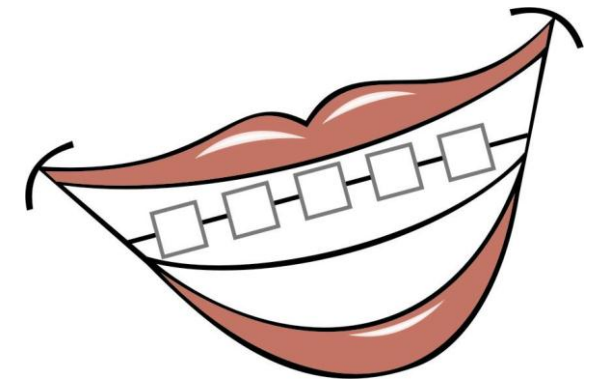
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Post Banding Instructions



Your *guide* to caring for your teeth with *braces*.

Dear Patient,

Your treatment has now seriously begun and we trust that it will be an enjoyable experience, provided a few simple guidelines listed are adhered to.

To make your orthodontic treatment a success, we will have to work together as a team. It is very important to follow the instructions we will give you, keep your teeth clean, be on time, not missing **appointments** and taking care of your braces.

With the proper care, none of the banding attachments can break or come loose of their own accord. It is therefore in your own interest to ensure that the braces are properly cared for in order to ensure the successful completion of the treatment within the shortest possible time.

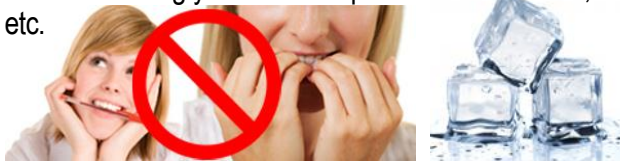
FOOD

You may not eat any hard or sticky food. This will cause breakage of the braces and wires! Chew your food carefully. Don't eat things like: toffees, nuts, biltong, drywors, any hard chips, lollipops, hard rusks or popcorn.

When you eat meat, you need to cut it away from the bone, cut into smaller portions, place it in your mouth and chew it. Don't chew directly from the bone or chew the bone. (e.g ribs, chops & buffalo wings)

Cut or grate raw fruit and vegetables. For example, don't bite into an apple or carrot, cut them up, place it in your mouth and then you may chew it.

Be careful of habits like chewing pens, chewing on ice cubes and using your teeth to open cool drink bottles, etc.



Food that you may **not** eat:



BRUSHING

It is important to brush after every meal for approximately 5 minutes.

Always brush in front of the mirror, first with water to remove pieces of food from the braces and then with toothpaste. Preferably use a small, soft toothbrush. We also recommend you try an electric brush.



When brushing, divide your tooth into 3:

1. Brush 6 – 8 movements above the blocks,
2. Then 6 – 8 movements under the blocks,
3. As well as 6 – 8 movements on the block.



Remember to brush the inside of the teeth, as well as the chewing surfaces, tongue and gums too!



Please also remember to brush your teeth thoroughly before each appointment with us!

We have a **Travel Kit** available for purchase with a convenient travel case.



Daily use a fluoride mouthwash, it will help prevent the formation of permanent white spots on the teeth!

Good Oral Hygiene Poor Oral Hygiene



If your gums begin bleeding or swelling, it is a sign of poor oral hygiene. Do not stop brushing or flossing, as you will only worsen the condition. Rinse your mouth out from the blood, and start brushing / flossing again.

Our **Oral Hygiene Kit** is specifically designed to assist in your home cleaning with the combination of Chlorhexadine products to aid in gum infection.



INTERDENTAL BRUSHES

The interdental brush was designed so that you could effectively remove plaque from around the gum line, next to your braces and between your teeth. It works very well and should be used each time you brush to ensure no debris stay behind.

