

HOSPITAL LANE DENTAL PRACTICE

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Orthodontic Oral Hygiene

Whilst wearing any orthodontic appliance, you must take extra care in keeping your teeth clean. Food and plaque will get trapped around the braces and must be removed straightaway. If it remains for any length of time, it will leave a permanent white scar on the tooth surface. It is important for you to get into the habit of brushing your teeth after every meal. Don't forget to pay particular attention to the brackets.

Special orthodontic toothbrushes are available to buy. If your appliance is removable, remove it from your mouth and rinse under running water. Daily use of interdental brushes and floss should become part of your oral hygiene routine.

Your Dental Hygienist can advise you on the best ways to keep your teeth and braces in the best health.

Orthodontic Eating Habits

There are certain foods and drinks that you should avoid or limit your intake of whilst you are under orthodontic care. These foods risk breaking your brace and increasing your chances of tooth decay.

Please follow these guidelines and use common sense:

No...

Sticky foods, such as toffee, chewy sweets, liquorice, chewing gum

Hard foods, such as French bread, nuts, whole apples and carrots, corn-on-the-cob, nuts

Limit your intake of

Sugary foods, such as sweets, ice-cream, cake, biscuits, desserts

Sugary drinks, such as fizzy drinks, pure fruit juice, fruit squash