

Post-Op instructions for Orthodontic treatment

Now that you have bonded, your next appointment will be within the next few weeks or as directed by the treating dentist / orthodontist, through the receptionist.

Most Importantly

Do not miss any appointment, each is important in order to make progress.

Also Importantly

If something breaks or comes loose, please arrange an appointment to have it fixed at the practice as soon as possible. Any delays may cause delays in the overall treatment progress.

Please buy Orthodontic wax from your pharmacy, Clicks or Dischem, in order to cover protruding wires or brackets and reduce irritation. Alternatively, you can get pain killers for pain relief.

Orthodontic Treatment duration will be anything between 9 and 18 months ordinarily, or slightly longer in limited cases.

Patient is requested to adhere to strict oral hygiene practices, for the well-being of the gums and teeth, for the duration of the treatment.

Brush your teeth twice a day.

Floss daily with Super floss.

Regular scaling and polishing is recommended at 3 to 4 month intervals.

This is done at the patient's cost.

Some patients may need extractions in order to create space, as part of the overall treatment.

This is done at an extra cost to the patient. By a Dental professional.

Teeth may become sensitive during treatment. Limited use of painkillers is encouraged to relieve the pain. Nurofen / Mybulen / Genpayne / Myprodol / Brufen..... all available over the counter..... provided you have no allergies.

A prescription may be needed

Teeth may become slightly mobile during treatment. Do not agitate the teeth to test extent of mobility.

Please abide with the list of food allowed

If mobility and pain worsen, please contact your nearest practice.

CONTACT DETAILS IF ANYTHING BREAKS, PLEASE CONTACT US IMMEDIATELY

FOURWAYS PRACTICE
010 822 8627

KYALAMI PRACTICE
010 612 0407

SOWETO PRACTICE
011 935 9013/9242

AKASIA PRACTICE
012 542 1372

IF YOU CAN NOT REACH ANY OF THE
LANDLINES

068 676 3689

PLEASE CLEARLY SPECIFY WHAT THE
EMERGENCY IS BY REFERRING TO THE
COMPONENTS OF THE BRACES E.G 'MY
BRACKETS ARE BROKEN'

GOOD LUCK WITH YOUR BRACES JOURNEY
#MAKESMILESTRENDY



ORTHODONTIC POST – OP INSTRUCTIONS

#MAKESMILESTRENDY



@drksunsetdentistry



Dr k dental



www.sunsetdentistry.co.za

www.sunsetdentistrykylami.co.za

www.sunsetdentistrysoweto.co.za

www.sunsetdentistrysebokeng.co.za

www.sunsetdentistrypretoria.co.za

BRACES COMPONENTS

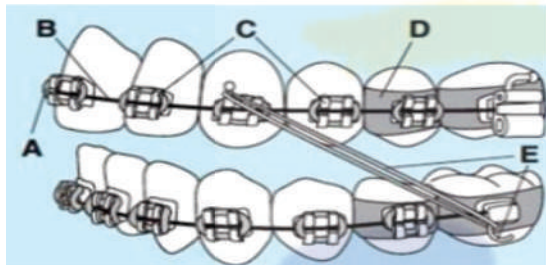
IT IS VERY IMPORTANT TO KNOW ALL THE COMPONENTS OF YOUR BRACES SO THAT ENOUGH TIME IS ALLOCATED IN CASES OF EMERGENCY

- Brackets
- Donuts/colour ties
- Power chains
- Elastics
- Arch wire
- Coil spring
- Molar bands / Molar tubes

TAKING CARE OF YOUR TEETH AND BRACES

BRACES TOOLS CHECKLIST

- Soft bristled toothbrush
- Super floss/interdental brushes/water flosser.
- Mouthwash - anti bacterial.
- Orthodontic wax – for irritation of lips/cheeks & protruding wires)
- Medicated mouth rinse - for mouth sores.



A. Ligature

The archwire is held to each bracket with a ligature, which can be either a tiny elastic or a twisted wire.

B. Archwire

The archwire is tied to all of the brackets and creates force to move teeth into proper alignment.

C. Brackets

Brackets are connected to the bands, or directly bonded on the teeth, and hold the archwire in place.

D. Molar Band

The band is the cemented ring of metal which wraps around the tooth.

E. Elastic hooks & Rubber Bands

Elastic hooks are used for the attachment of rubber bands, which help move teeth towards their final position.



HOW TO CARE OF YOUR BRACES

3 THINGS NEED TO BE DONE

- BRUSHING
- FLOSSING
- USING MOUTHWASH

NOW THAT YOU HAVE BRACES,
BRUSH TWICE A DAY
AFTER EVERY MEAL!

YOU HAVE TO FLOSS EVERYDAY!

REGULAR DENTAL CLEANINGS ARE
RECOMMENDED AT 3-4 MONTHS INTERVALS

THIS IS DONE AT THE PATIENTS COST



Flossing: Step 1

Wind about 18 inches of floss around your fingers as shown. Most of it should be wrapped around one finger, and as the floss is used, the other finger takes it up.



Flossing: Step 2

Use your thumbs and forefingers to guide about one inch of floss between your teeth.



Flossing: Step 3

Holding the floss tightly, gently saw the floss between your teeth. Then curve the floss into a C-shape against one tooth and gently slide it beneath your gums.



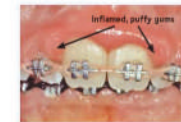
Flossing: Step 4

Slide the floss up and down, repeating for each tooth.

HEALTHY GUMS AND TEETH



CLEANING YOUR TEETH & BRACES ARE VERY
IMPORTANT TO PREVENT THIS



THINGS TO AVOID DOING WHEN YOU HAVE BRACES

FOODS TO CUT, BREAK OR GRATE

- Avoid biting your nails
- Chewing on non food items e.g. pencil or pen
- Chewing bubble gum
- Do not use teeth as tools e.g. biting off clothing tags
- Try avoid soda (too much sugar can cause brackets to fall off)



FOODS TO AVOID

AVOID BITING INTO HARD FOODS WITH YOUR FRONT TEETH

- Popcorn
- Nuts
- Biltong
- Sticky & hard candy
- Chewing gum
- Ice blocks/cubes
- Corn chips
- Pretzels
- Hard cookies, biscuits or crackers



FOODS TO CUT, BREAK OR GRATE

- Raw vegetables
- Croutons
- Fruit
- French/Italian breads
- Thin pizza crust
- Meat
- Burgers
- Corn on the cob
- Sub sandwiches

