



profile  
orthodontics

You and your braces  
solutions that will make you smile

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# You and your braces



Profile Orthodontics has a highly trained team to support and care for you during your journey with braces.

We have created this booklet to assist you during your early days with braces and throughout the course of your treatment.

If you have any questions or require additional information please call us on **9300 9975**.

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# We need to work together to get the best possible result for you

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## YOUR CO-OPERATION

The most important aspect of your orthodontic treatment is you and your cooperation. Our Orthodontic Team will work with you from the beginning to the end of your treatment program to ensure that the best possible result is achieved.

## YOUR ROLE

- Keep your regular scheduled appointments. Missing appointments will increase treatment time, and may increase the risk of damage to your teeth or cause complications. The frequency and length of your appointments will vary depending on your treatment plan.
- Where possible, brush your teeth after every meal to keep them clean. This means at least 2-3 times a day.
- Do not play with your braces as this may loosen the wires and break attachments. Loose wires can irritate the inside of your mouth and lips.
- Avoid eating hard and chewy foods to prevent your braces breaking, bending or coming loose.
- Cooperate by wearing your elastic bands as instructed.



## MYPROFILE APP

To make your life easier during treatment, we developed the MyProfile App. If you're not already using the App, ask reception for a login code.

Use MyProfile to:

- view all your appointments
- add appointments directly to your phone Calendar
- get appointment reminders by email or SMS
- add Profile Orthodontics directly to your phone Contacts
- see your account details at a glance and make payments
- send a selfie – show us that pesky bracket or poking wire that's hard to describe over the phone
- check out Profile Orthodontics' social media

## SHARE YOUR BRACES JOURNEY

We love to see the changes as you progress through your braces treatment. Remember to tag us when you post a great smiling photo. We can't see tags on private accounts, so we'd love it if you also share by emailing your photos to [info@profileorthodontics.com.au](mailto:info@profileorthodontics.com.au)

Follow Profile Orthodontics on social media to keep up with the latest events, moments and competitions.



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## THE FIRST FEW DAYS WITH YOUR BRACES

At first your mouth will feel uncomfortable because:

- The braces will feel bulky and may irritate the inside of your cheek and lips.
- The teeth themselves are now under pressure and may become uncomfortable as they begin to move. This is most noticeable when you are eating in the first few days.

These sensations are normal and are to be expected. Most people find that the discomfort reduces after 2-3 days. The most important thing is to get through the first few days as comfortably as possible by following the suggestions below:

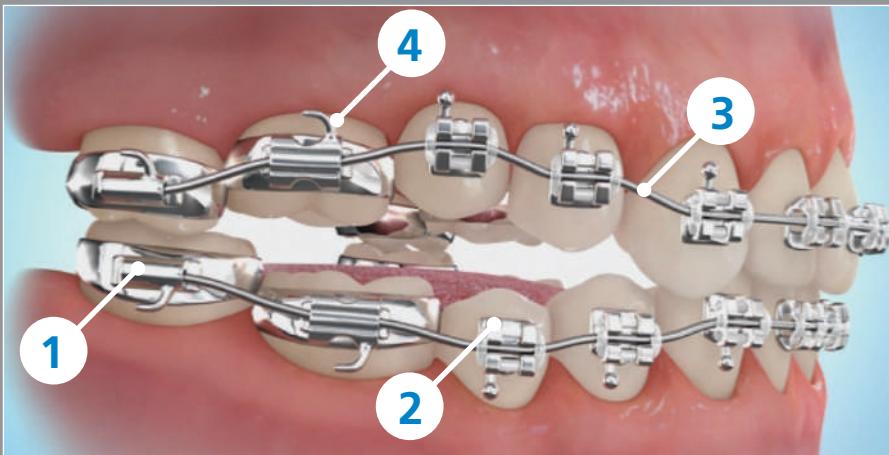
- When required, use the soft wax provided to cover any irritating parts of your braces
- Warm, salty mouth washes help soothe the mouth and make it more comfortable. Use half a teaspoon of salt in a glass of warm water to rinse after breakfast and dinner. This should only be necessary for 2-3 days.
- Eat only soft foods for the first few days. Return to your recommended diet as you feel your teeth become more comfortable.
- If necessary, use the same pain reliever as you would for a headache.

**IN THE UNLIKELY EVENT THAT DISCOMFORT LASTS BEYOND 5 DAYS,  
PLEASE CALL PROFILE ORTHODONTICS FOR ADVICE**

## KNOWING YOUR BRACES

Your braces are precise appliances designed for specific purposes and require particular care.

If you need to identify a concern with your braces, for example a breakage, please refer to the image below so you can accurately describe the problem when you contact Profile Orthodontics. Using the Virtual Orthodontist function on the MyProfile App you can send us a photo of the area of concern. The Profile team will then get back to you with instructions.



- 1 Band** A ring of metal that is glued onto the first molars
- 2 Bracket** A metal or ceramic attachment bonded to the tooth
- 3 Archwire** A length of wire that fits into the bracket slots around the dental arch
- 4 Hooks** These are used to attach elastics

## CLEANING YOUR TEETH & BRACES

When you have braces it takes longer to brush your teeth, but good oral hygiene is essential to prevent damage.



### Step 1.

Brush the outside surface of your teeth as normal over the top of the braces.



### Step 2.

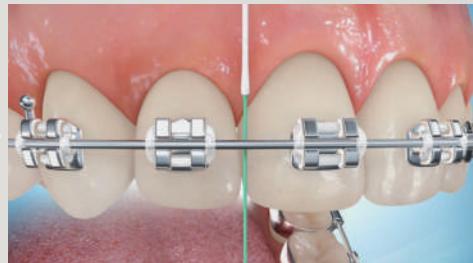
Angle the head of the toothbrush upwards to get under the brackets and then downwards so the bristles can get into the area under the wire and between the braces.



### Step 5.

An interproximal brush can be used to clean between the braces and under the archwire.

**If you use an electric toothbrush the same brushing techniques are used, except this type of toothbrush spins for you. Brushing should take you the same amount of time.**



### Step 6.

Only floss can reach between the teeth to remove plaque. Plaque is the major cause of gum disease and decay, and it must be removed daily. Poorly cleaned gums can become puffy, slowing down the movement of your teeth.

Flossing during orthodontics treatment is time consuming, but with practice it will become an easy routine.

Use fluoride toothpaste and a soft, small head toothbrush. Spend at least 10 seconds cleaning each tooth. All four edges of the bracket need to be cleaned.



### Step 3.

Clean the gum line. Start brushing where the tooth meets the gum surface. With the bristles angled towards the gumline, use a circular motion and work your way around the mouth from one side to the other. Then use the same motion to clean the gumline behind your teeth.



### Step 4.

Brush the chewing surfaces and the inside surfaces of all your teeth, finishing with brushing the tongue.



### Step 7.

We recommend using an alcohol-free mouthwash nightly after brushing and flossing.

Start by threading the floss under the archwire. Use a piece of waxed or tape floss about 45cm long. In the early stages of your treatment you may find it easier to use the Superfloss provided in your banding bag.

Ease the floss between your teeth with steady pressure. Do not force the floss into your gums. Rub the floss up and down against the tooth surface, making sure it goes gently under the gum.

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# iSmile

REWARDS PROGRAM



A great smile is not your only reward for spending time brushing and flossing, The Profile Orthodontics iSmile Reward Program gives you the chance to win great prizes just by keeping your teeth clean.

Each time you visit, we evaluate your brushing and flossing to let you know how effective you have been with your cleaning. We score your results from 5 Stars for Fantastic, down to 1 Star for Disaster Area. You should aim to consistently score 4 or 5 Stars.

5 Star patients get the most chances to win! There is a monthly prize draw, and at the end of the year all entries have the chance to win a major annual prize.



Couldn't be better – your teeth and gums are in top condition. Earn 3 iSmile entries.



Just missing a couple of tricky areas. Earn 2 iSmile entries.



You're only cleaning the easy areas and plaque is building up. Earn only 1 iSmile entry.



Much more effort required. Your gums are puffy and red. Your teeth are at risk of permanent staining and decay.



You are developing gum disease, dental decay and permanent staining on your teeth. It is critical that you get better with your cleaning – fast!

## HOW TO SCORE FIVE STARS

- Brush your teeth and braces for 5 minutes at least 3 times a day after eating – after breakfast, after lunch or after school, and definitely after dinner.
- If you cannot brush after eating, you need to thoroughly swish your mouth with water and then clean your teeth and braces as soon as you can.
- After your evening meal, floss carefully and then brush your teeth.
- It is important to use fluoride toothpaste, as fluoride will help prevent staining and damage to your teeth.
- Using a mouthwash nightly will also help protect your teeth.

## DAMAGE CAUSED BY POOR ORAL HYGIENE

The key to healthy teeth and gums during your orthodontic treatment is the complete removal of all plaque every day.

Plaque is the sticky colourless film of bacteria that is constantly forming on your teeth. Plaque is the main cause of gum disease and dental decay.

Healthy gums do not bleed. If you notice any bleeding, concentrate on cleaning and flossing in that area.

## IT IS IMPORTANT TO CLEAN YOUR TEETH AND GUMS WELL TO AVOID THE FOLLOWING DAMAGE:

- Enamel decalcification permanent white marks on teeth
- Swollen, puffy gums
- Bleeding gums
- Tooth decay



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## DIET AND YOUR BRACES

Your teeth will move best when all your body systems are healthy. A balanced diet is important, so choose foods from all food groups, particularly the healthy ones!

In the first few days and after adjustments your teeth may be tender to pressure, so it's best to eat softer, smoother foods.

Don't eat hard, chewy food or place hard items in your mouth. These loosen, break and bend wires, brackets and bands. For example, you must avoid:

- Hard crusts from bread, bagels and pizza
- Tough meat, jerky or chewing meat off the bone (chicken and chops)
- Carrots and apples – unless cooked, chopped or grated
- Corn on the cob – remove corn from the cob
- Raw celery
- Hard biscuits
- Sucking and chewing ice blocks
- Corn chips, popcorn and nuts
- Toasted museli or hard cereals
- Chewing on pens, drink bottles and fingernails

Don't eat sticky, sweet foods. They can cause damage to your teeth and gums as well as your braces. For example:

- Lollies – hard and chewy
- Chocolates – particularly thick pieces or from the fridge
- Chewing gum or bubble gum
- Chewy/crunchy museli or fruit bars

## MINIMISE SUGAR INTAKE

Sugar is dangerous to your teeth. Too much sugar causes acid attack which leads to permanent staining, enamel damage and decay of your teeth.

Don't forget the hidden sugars and acids in:

- dried fruit
- sports drinks, soft drinks and cordials
- sugared cereals
- honey and jam

## DAMAGE TO YOUR BRACES

In almost all cases, damage to your brackets, bands or wires is caused by eating hard, sticky or brittle foods, or chewing on pens, drink bottles and other hard objects.

### DAMAGE TO YOUR BRACES CAN IMPACT YOU IN SEVERAL WAYS:

- It will be painful if a wire catches on your cheek or lip.
- It will be time wasting for you. An appointment will be taken up repairing damage rather than progressing your treatment. This means your braces will be on for longer.

If you notice damage to your braces, please contact Profile Orthodontics to arrange a time for repair. We can advise whether you will need an additional appointment, which may need to occur during school hours. Depending on the type of damage, you may be able to attend our early morning "Pitstop" for a quick repair.

## YOU AND YOUR MOUTHGUARD

We recommend you wear a mouthguard if you are playing contact sports or any activity where your teeth are at risk of trauma.

A custom mouthguard made by a dental laboratory is the best form of protection for your teeth. However, while you have braces, your teeth are constantly moving and it is costly to keep making laboratory mouthguards to fit.

An alternative during braces treatment is a mouthguard from a pharmacy. We prefer a clear Elastoplast mouthguard in adult size (to fit over your braces). Bring your mouthguard to your adjustment appointment to have the fit checked.

**REMEMBER! TAP WATER IS BEST FOR YOUR TEETH**  
**It contains fluoride and is a great substitute**  
**for sugary, acidic drinks.**

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## USING DISCLOSING TABLETS

### PLEASE NOTE, DISCLOSING DYE MAY STAIN

- Do not use with ceramic braces
- Avoid contact with fabric

Disclosing tablets contain a purple dye which stains plaque and food left on your teeth. Use a disclosing tablet after brushing and flossing to see what areas you have missed. Remember to pay better attention to those areas when brushing in future.

- Chew one tablet (without swallowing).
- Swish the dye around your teeth and gums, now look in the mirror to see the dark purple areas which show where you are missing with your toothbrush.
- Rinse your mouth with water to remove the excess dye.
- Now brush and floss your teeth again. When all the purple areas are gone, your mouth will be plaque free.

## REGULAR DENTAL CHECKUPS

It is important to see your dentist at 6 monthly intervals while your orthodontic treatment is in progress. If necessary, dental procedures can be undertaken by your dentist while the braces are still in place.

If you do not have a regular dentist, please ask us to recommend one for you.

**PLEASE MAKE A NOTE IN YOUR CALENDAR FOR  
SIX MONTHLY CHECK-UPS WITH YOUR DENTIST**

## THE TROUBLESHOOTERS GUIDE TO BRACES

- Sore and tender gums and teeth – Remember some soreness is normal, especially after an adjustment. Use a warm salty mouth wash and eat a soft diet to relieve discomfort. If necessary, use the same pain reliever as you would for a headache.
- Irritated cheeks, lips and tongue - Try to see what is causing the problem. Refer to the KNOWING YOUR BRACES guide on page 5.
- Broken archwire – Stop wearing any elastics and call Profile Orthodontics. Remove any loose wire and cover the irritating end with wax.
- Broken bracket – This is not an emergency, however please advise Profile Orthodontics as it may need to be attended to before your next appointment.
- Loose band on back tooth – It is important for us to re-cement any loose bands. Please call Profile Orthodontics for an appointment as soon as possible.
- Facial trauma – if you have an accident which causes facial trauma, please see your dentist first to have your teeth checked. After hours please see Perth Children's Hospital or an emergency dentist to clarify if other treatment is required before we check your braces. Then contact Profile Orthodontics on 9300 9975 during business hours to have your appliances checked.

To inform us of a concern please call Profile Orthodontics on 9300 9975 or send us a photo using the Virtual Orthodontist on the MyProfile App. Please do not message us on social media.

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