



Peel Orthodontics

More Than A Smile



INITIAL QUESTIONS

A common question we get asked is whether placing braces causes any pain or discomfort or whether we use needles. When braces are applied to your teeth it does not hurt at all so there is no need to be anxious about the placement appointment which is scheduled to take one hour and we never use needles for fitting of braces.

WHAT TO EXPECT

Dr's Ash and Lau use a technique to place full braces known as "Indirect Bonding". With this process, accurate moulds of the teeth are fabricated in just a few moments using laser technology, and the rest of the work is done in a laboratory. When you return to the office a week or so later, your braces are already positioned in accurate, personalised trays made just for you, and all of the braces are placed quickly and all at one time. Plastic retractors are needed to keep your teeth dry are only in place for as little as 10 minutes. This method is more accurate than traditional bracket placement, because the braces are already "placed" and this reduces the appointment time.



THE FIRST FEW HOURS

In the first few hours after getting your braces on, it may feel strange to have something on your teeth. However, after a short period of time, you should become more accustomed to wearing your new braces. Your teeth may feel sensitive when eating so avoid eating foods that require a lot of chewing. Instead, opt for soft foods like mashed potatoes, soup, yogurt, mac and cheese, sushi, casseroles, smoothies, etc..



FOUR OR FIVE DAYS AFTER HAVING YOUR BRACES PUT ON

After four or five days, any initial discomfort and soreness you felt should be gone or much improved. By this point in time, you should have gotten more used to having braces on your teeth wherein you don't notice them as much.

GENERAL SORENESS

Once you have braces placed on your teeth, it's normal for your mouth and teeth to be slightly sore during the first few days. Generally, braces do not "hurt" but it is common to experience some temporary discomfort as you get used to the gentle pressure being applied to your teeth, which is necessary in order to bring them into proper alignments. Taking an over-the-counter pain reliever with Ibuprofen and paracetamol can alleviate this discomfort. If you find that the inside of your mouth is becoming irritated by brackets or wires, we will provide and show you how to use dental wax to apply over the braces as necessary. This wax creates a smooth surface and alleviates irritation on the inner cheeks and lips. Use dental wax on those points to alleviate the discomfort and avoid mouth ulcers. A weak solution of warm salt water (1/2 tsp of salt per cup of water) helps to ease the irritation. Rinse with warm salt water several times per day.

Even though you may no longer feel discomfort when eating, it's important to avoid foods considered to be "brace breakers". This includes Ice, Pizza Crust, nuts, popcorn, pens and pencils, chewy foods like rolls ups and chewy muesli bars, sticky lollies like red skins and minties, corn on the cob must have corn cut off cob, pork crackle, hard foods such as carrot, apples and crunchy rolls must be cut into smaller pieces and eaten using back teeth. By following this list of foods, you should not have any problems with your braces loosening or breaking due to what you eat.

Most people are completely used to their braces after a week or two. It is common to occasionally feel as though your teeth are loose when you're wearing braces. However, this sensation is normal as your teeth are slowly and gradually moving into their new positions.



CONTACT US

If you have any queries, please contact us on 9586 9653, info@peelorthodontics.com, or private message through Facebook. There is an emergency page on our website at www.morethanasmile.com.au . If you still require assistance after hours, please leave a voice message on 0444 579 936 and someone will get back to you.

HOW LONG WILL IT TAKE TO GET USED TO MY BRACES?

Most patients are completely used to their braces after about a month. However, it's not unusual for teeth to occasionally start hurting for no apparent reason - this is normal as the wires we use may go through an "active period", and should go away fairly quickly. If necessary, treat with over-the-counter pain killers.

Please ensure you see your family dentist every six months for a professional clean and dental examination.

