

DR. RICKY SEE & ASSOCIATES

CARING FOR YOUR BRACES

COMFORT

The braces will feel quite bulky to your lips and cheek and make them feel dry, particularly at the beginning. Although highly polished and rounded, the edge of them may also occasionally irritate the lips and cause ulcers. If that is the case, just put some relieve wax on the part of the braces which is irritating and you should feel much better. Also, teeth are usually a little bit sore the first few days after every monthly adjustment. These are absolutely normal and should raise no concern.

SPEECH

Speaking normally with your braces required practice and patience. Couple of weeks will be required to regain normal speech. Relax and practice by talking in front of a mirror or reading aloud to yourself.

EATING

The braces are bonded to your teeth just firm enough to withstand the pull of orthodontic forces. Biting forces generated when you are eating are much stronger. In order to avoid damaging the braces, be sure not to chew on ice, pencils or any hard objects like popcorn, nuts and raw hard vegetables...etc. Sticky foods like chewing gum and caramel should also be avoided.

MAINTENANCE

It is of utmost importance that you follow closely our advice in cleaning your teeth and the braces everyday. The presence of braces inside the month will result in the accumulation of more bacteria than normal. Therefore, extra effort is needed to maintain the health of your teeth and gum. Besides brushing and flossing twice daily, "**TELEDYNE WATER-PIK**", "**SULCABRUSH**" and "**ORAL-B INTERDENTAL BRUSH**" are very useful for cleaning around the braces. Daily rinsing with a fluoride mouth rinse like "**ORAL-B FLUORINSE**" is also helpful in preventing decay. Failing to do the above may result in gum infection during treatment or braces mark on the teeth after the braces are removed. Professional cleaning and fluoride application once every 3-6 months will also go a long way in maintaining your oral health during orthodontic treatment.

YOUR CO-OPERATION IS IMPORTANT !!

The No. 1 reason for extended treatment time is lack of patient co-operation. Make sure you keep your monthly appointments. **IF THE BRACES ARE BROKEN OR DETACHED, MAKE SURE YOU CALL US IMMEDIATELY FOR ADVICE. DO NOT WAIT UNTIL YOUR NEXT APPOINTMENT.** Also, be sure you follow our instruction closely during the entire treatment in order to obtain the best result in the shortest time. It takes a dedicated team made up of you and us to make your braces work. By working together in co-operation, we are ensuring you will have a healthy and bright smile for a lifetime.