

Braces Maintenance and CARE



Home Emergency Kit: Be Prepared

A braces emergency kit can help you manage minor issues at home:

- Pain Relief: Over-the-counter medication like ibuprofen or paracetamol.
- Orthodontic Wax: Protects your cheeks and lips from irritation caused by brackets or wires.
- Mouthwash: Helps keep your mouth clean and soothes soreness.
- Floss Threaders: Essential for cleaning around braces.
- Small Mirror: Useful for checking wires or stuck food.

Tip: Always contact your orthodontist for persistent issues or any discomfort.

Your New Smile starts at Whites Dental

Preparing for braces involves understanding the process, choosing the right options, and adopting a solid care routine. Whether it's traditional braces or Invisalign, the journey to a straighter smile is worth the effort.

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Maintenance Routine: Keeping Your Braces Clean

Proper care ensures effective treatment and keeps your teeth healthy:

- Brushing: Use a soft-bristle brush or electric toothbrush after every meal.
- Flossing: Use floss threaders or orthodontic floss to clean between teeth.
- Rinsing: An antibacterial mouthwash helps prevent gum inflammation.
- Diet: Avoid hard, sticky, or sugary foods that can damage braces.
- Regular Appointments: Choose a clinic that makes it easy to attend check-ups for adjustments and progress monitoring.
For Invisalign users:
 - Remove aligners before eating or drinking (except water).
 - Clean aligners daily with a soft toothbrush and mild toothpaste.
 - Wear aligners for 20-22 hours per day for best results.

Potential Problems and Oral Health Considerations

Braces address issues like:

- Oral Health: Overcrowding, plaque buildup, cavities or gum disease.
- Teeth Extraction: Some extreme cases may require removing teeth to create space.

Addressing these problems improves overall dental health and prevents long-term complications.

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Personalisation: Choose Your Style

- Make the time to know your options and braces feel like your choice:
- Ligatures: Pick colours that reflect your personality or match a special occasion.
- Brackets: Options include metal, ceramic (tooth-coloured), or even clear.
- Invisalign: For those seeking a nearly invisible option, Invisalign offers custom-fit clear aligners.

Discuss these choices with your orthodontist during your consultation.



The Consultation: Your First Step

- **Assessment:** A full examination of teeth, gums, and jaw structure, often including X-rays or 3D imaging.
- **Treatment Plan:** Your orthodontist will outline options like traditional braces, ceramic braces, or the suitable
- **Invisalign plans** – Invisalign lite, Invisalign full, i7 or Teen options.
- **Timeline:** Understanding how long the process may take.
- **Cost and Care:** Discuss payment plans, maintenance expectations, and follow-up appointments



Patient Review

“My Invisalign treatment has transformed my smile and improved my confidence ..
.. I couldn't have found a better place for my Invisalign if I tried.”

Adults vs Children: Key Differences

Adults Getting Braces:

- **Motivation:** Often focused on aesthetics and correcting long-standing issues.
- **Treatment Time:** Adult teeth may take longer to move due to denser bone structure.
- **Options:** Adults may opt for clear aligners (e.g., Invisalign) for a more discreet solution
- **Lifestyle Considerations:** Adults may need to plan around work and social commitments.

Children Getting Braces:

- **Growth Advantage:** Braces work alongside natural jaw growth for more efficient results.
- **Timing:** Early treatment (age 8-14) can correct issues before they worsen.
- **Parental Involvement:** Regular check-ins, guidance, and encouragement are key.
- **Options:** Traditional braces with colourful ligatures can make the process fun.

Tip: Upload photos of your teeth and ask our dentists questions prior to arranging the appointment to get more detailed information.