

Orthodontic Care Instructions:

Braces, like other fixtures, attract food residue and bacteria that cause cavities and gingivitis, if care is not taken of the teeth.

1. Dental care steps for fixed orthodontic device.

Use a special ortho brush; this brush with internal bristle shorter from the outer part. Between the teeth dental floss should be used as well as mouthwashes containing fluoride.

2. Preferred brushing method

- A. Clean each jaw separately. Hold the brush so that the bristles are directed to the occlusal or incisal surface of the teeth to be cleaned.
- B. Place the bristle side of the brush over the straightener, toward the tooth, with a little pressure, so that the angle is approximately 45 degrees.
- C. Make a circular motion up to ten times on each tooth.
- D. Place the brush under the braces, with the bristles toward the device and gums, at an angle of approximately 45 degrees.
- E. Make a circular motion up to ten times on each tooth and then pull the brush towards the grinding or cutting surface.
- F. Repeat the previous process for the other jaw as you did with the previous jaw.
- G. Brush the inner surface of the teeth.
- H. Clean the grinding surface of the teeth.

3. Use an interdental brush

- A. Its shape should be conical
- B. Insert the brush from the outside towards the gums and direction opposite (from gums outward) between every two years and pull them out a few times from each direction
- C. Repeat the previous process on all teeth until you finish cleaning

4. Using dental floss

- D. Insert the tip of the dental floss into the space between the wire and the upper part of the tooth, which is close to the gums.
- E. Insert the floss between the tooth and the gum and wrap the floss around the tooth, making a semicircle.
- F. Gently move the floss so that you remove the residue on both adjacent threads.
- G. So be careful not to push forcefully.

5. Use wax:

When installing the orthodontic device, its parts may cause some inconvenience and sores as a result of its friction with the inside of the cheek or the inside of the lip. In this case, they use wax, which is soft wax that can be molded at room temperature, where a small piece of it is taken and made in the form of a ball, then it is attached to the sharp and annoying orthodontic parts..

6. Use a fluoride rinse

It is preferable to use a fluoride rinse once or twice a day, depending on the fluoride concentration of the mouth rinse, and according to the doctor's instructions. During the use of the orthodontic device, pay regular visits to the dentist or oral specialist to obtain dental care and clean teeth every three or six months to maintain the safety of your teeth and gums, in coordination with your doctor.

7. Foods that should be avoided while using the orthodontic device

- A. Hard and tough foods, such as apples and carrots, must be cut into small pieces to avoid damage to the device or loss of parts.
- B. Desserts such as toffee and caramel should be avoided as they stick to the teeth and wire, which may lead to cavities, damage to the wires and dislocation of parts of the braces.
- C. Popcorn kernels
- D. Nuts of all kinds.
- E. Chewing gum, especially those containing sugar.

- F. Soft drinks and sugar-containing juices are taken when necessary using a straw.
- G. Biting ice