PATIENT INFORMATION

Caring for your retainer or removable appliance

Remember

How your teeth and gums look when the braces are removed depends largely on how you treat them while the braces are on.

- Retainers worn post orthodontic treatment or removable appliances must be cleaned regularly.
- Brush the appliance daily with a soft toothbrush and toothpaste.
- Never use hot water as it can distort the plastic.
- When your retainer is not in your mouth, to prevent loss, keep it in the case your orthodontist gives you.
- Your pet does not know the difference between a plastic retainer and a plastic toy, so do not leave your retainer where your pet can reach it.

Overview

DENTAL VISITS
Be sure to maintain regular visits to your Dentist and Dental Hygienist so any problems such as tooth decay or gum disease can be picked up early.

BRUSHING
Brush 3 times a day with a fluoride toothpaste such as **ORTHOKIN toothpaste**. Brush after meals to make sure no food is trapped around the braces.

INTERDENTAL CLEANING
Clean between the teeth at least once a day to maintain healthy gums.

MOUTHWASH
Use a fluoride mouthwash such as **ORTHOKIN mouthwash**, preferably at a different time from brushing. **ORTHOKIN mouthwash** also contains an antiplaque agent for plaque control and vitamins for gums protection.
Avoid any kind of alcohol containing mouthwashes, they are at risk of irritating your gums.

EAT RIGHT
Avoid hard, sticky, sugary foods and drinks.
Avoid frequent snacking as this increases your risk of tooth decay.

PROTECT YOUR BRACES
Don't chew on straws, pens or ice cubes. Don't bite your nails or play with elastic bands. These can knock off brackets or break and bend wires.

KIN

Good oral hygiene is essential for healthy teeth and gums, **KIN Dental** provides a wide range of safe, effective dental products such as:

ORTHOKIN Toothpaste
ORTHOKIN Mouthwash

PameX Limited

Email: info@pamex.ie
Phone: **094 9024000**

Visit KIN'S website at **www.kin.es**

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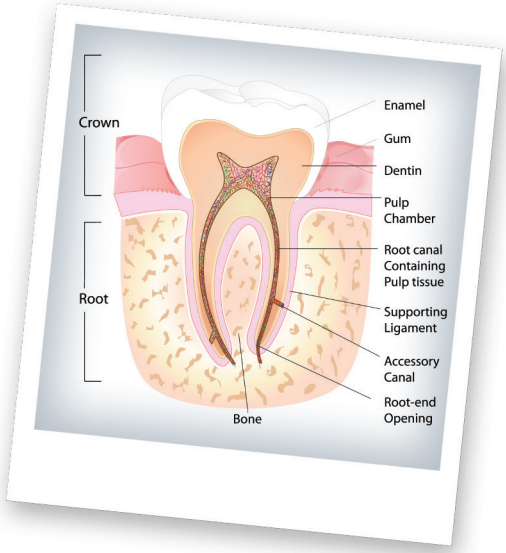
How to care for your teeth and braces

Whilst undergoing **orthodontic treatment**

What is a tooth?

A tooth consists of a crown and a root, which are formed by enamel, dentine and pulp.

- **Enamel** covers the crown of the tooth.
- **Dentine** makes up the bulk of the tooth.
- **Pulp** is the centre and contains nerves and blood vessels.



Why do I need to look after my teeth whilst wearing braces?

Throughout the day, dental plaque develops and sticks to the surface of your teeth. This plaque is also called biofilm and can cause gum disease and tooth decay. It is more difficult to clean the teeth once braces are applied, so it is very important to clean the teeth, gums and braces thoroughly.

Damage to the teeth caused by poor oral hygiene and diet. This could lead to tooth decay.

Gum disorders caused by poor oral hygiene.

Caring for your fixed brace

There are many aids for cleaning your braces, your dentist or dental hygienist can help you choose the best aids for your teeth.

Orthodontic toothbrushes

Interdental brushes

Floss threaders

Interdental picks

Fluoride toothpastes and rinses

Will my diet affect my braces? **Yes**

Do not eat hard or sticky foods as these may knock off brackets or damage wires which may slow down your treatment.

Avoid sweet foods such as sugar and sweets, fizzy drinks and fruit juices. These can dissolve the surface of the enamel which may cause permanent damage to the teeth.

How do I clean my teeth whilst wearing braces?

Clean your teeth with a small headed toothbrush or preferably an orthodontic toothbrush.

Begin brushing between the wire and the gums. Press firmly so the bristles spread into the gaps between your teeth and move the brush around the teeth. Repeat the same process on the other side of the wire. Clean all outside surfaces this way.

Clean all the inside surfaces and then clean the tops of the teeth.

Use **interdental brushes, floss threaders or floss picks** to clean between the teeth and around the braces.

Finally rinse with a **fluoride mouthwash**.

This can also be used between cleanings for extra protection.