



SO, YOU'VE GOT BRACES! NOW WHAT?

You now have your braces on, this can be a very exciting time or, for some, a nervous time. It is important to remember that lots of people have braces or have had them.
You are not alone!

FOLLOW OUR SIMPLE TIPS



DIET

Stock up on soft foods such as yoghurt, mashed potato, smoothies, scrambled eggs, etc. Cut up raw veggies and hard fruits before eating. Eg. Apples and Carrots
Avoid all sticky and chewy foods as this may break the brackets and delay your treatment time!



DISCOMFORT

You may experience some pressure on your teeth now that your braces are on. To help with the pain we recommend taking a pain killer that you would normally use for a headache. Eg. Panadol or Nurofen.

The wires from your braces may rub against your cheek and cause ulcers. We recommend you use the wax in your take home kit to prevent your wires rubbing on your gums.



CLEANING

To help with your treatment progression, it is important to keep your teeth clean! Ensure to brush after each meal including snacks.
In your take home pack you will find a new toothbrush specifically designed for braces. We recommended replacement every 6 months.

Pixsters! - use these little gadgets to clean your teeth from plaque and decay. They are available at pharmacies and our clinic. We also recommend a plastic floss threader to help get around your brackets.



OOPS, SOMETHING BROKE!

IF SOMETHING BREAKS PLEASE KEEP THE PIECE
AND CALL AIM DENTAL AS SOON AS YOU CAN.

AIM DENTAL GROUP

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