

Living with braces

Eating and drinking

1) At first it is best to keep to a soft diet. **Stay away from hard, sticky, chewy and crunchy foods** (such as nuts, raw carrots, hard pizza crust, crusty bread, hard crisps, pretzels, chocolate bars, toffee, caramels...)

It is recommended that you avoid **chewing gum** too as it gets tangled in your brace and can break it. **Cut your food into smaller pieces.** Apples, carrots, vegetables and meat for example can be cut and separated from the bones before eating.

2) **Do not chew pens, pencils or bite your nails.** Never open bottles with your teeth!

3) **Avoid foods and drinks with high sugar content** such as sweet, fizzy drinks including diet drinks and sport drinks. **Drink less fruit juice and diluted juice** (or restrict to meal time only) as they all contain sugar and fruit acids which cause decay and erosion. **Water and plain milk are the safest drinks.**

Cleaning

Big brush → Small brush → Mouthwash

1) **Orthodontic toothbrush:**

Brush after every meal using fluoride toothpaste for at least 3 minutes, 3 times a day. Make sure to brush above and below your brace and to clean the gum lines where the gums meet the teeth.



You can also use an **electric toothbrush.** Carry a **travel Orthodontic toothbrush** with you to school or work for use after lunch.

2) **Tepe brush & inter-dental brush:**

These are essential to clean around the brace parts and under the wire where a big brush

cannot reach. Yaz recommends a Yellow or Green Tepe brush to clean under the wire, and an inter-dental brush to clean the gum line.



3) **Fluoride mouthwash:**

Use it every time after brushing and before you go to bed.

4) **Extra care:**

- **'Super-Floss'** can also be used to remove food trapped between your teeth.
- **Disclosing tablets** can be used a few times a week to check that no plaque is left on the teeth.

Excellent oral hygiene helps you avoid problems such as dental decay, gum disease and permanent staining.



If you are using a **removable brace, aligner or retainer:** take it off to clean your teeth after every meal. Make sure to clean it with a soft toothbrush and water (no toothpaste).

We recommend 'Efferves tablets' and 'Sonic cleaner' to keep the appliance clean.

Remember to see your dentist and hygienist regularly while wearing braces.

Sports

It is very important to wear a special **orthodontic gumshield (mouthguard)** for **playing contact sports**, riding a bicycle, roller-skating, or skateboarding to avoid serious injury to your teeth and lips.

If you have a removable brace, aligner or retainer, take it out when you play sports or when swimming, & keep it in a **protective case.**