

## Dental Procedure Information

### Fixed Appliance Therapy

#### Procedure Instruction

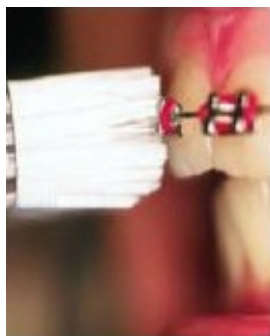
1. You may experience slightly soreness or discomfort at the beginning of the treatment, such sensation may take days to resolve. Please do not adjust or alternate the braces yourself.
2. Braces are delicate and vulnerable to damage. Hard, sticky and tough food should be avoided throughout the whole orthodontic treatment. Food should be thoroughly cooked, boneless or cut into small pieces (bite-size) before intake.
3. Patient using ceramic braces should avoid foods or drinks causing staining, e.g. coffee, tea, curry, red wine etc.
4. Wear elastics or head-gears according to doctor's instruction in order to achieve best clinical result.
5. Orthodontic treatment requires periodically adjustment. In case you found severe discomfort, braces are loosen or damaged, or failed to follow next appointment, please contact your attending doctor or go back to hospital immediately.

#### How to Clean Braces

Braces trap food very easily which promotes plaque formation. Plaque can lead to gum disease and enamel damage. With the daily use of effective oral hygiene techniques, plaque build-up can be prevented. The foundation of good oral hygiene is effective brushing. This is done with a fluoridated toothpaste and a soft bristled toothbrush. Brushing should be done twice daily (morning and at night) and after every meal or snack and should be done slowly and carefully. It is important to brush the braces, both the inside and chewing surfaces of the teeth.

#### Brushing Procedure

##### Brushing:



1. Holding the brush on top of the braces, scrub in small circles 10 times
2. Holding the brush at an angle towards the chewing surface, scrub in small circles 10 times
3. The most important step is – Holding the brush at an angle towards the gums. Make sure that the gumline is also being cleaned
4. Lastly, do not forget to brush the chewing surface and back of the teeth



### Flossing with Braces:

Flossing with braces should be done once a day. The floss should be placed under wire and moved up and down along the sides of the teeth and under the gumline to remove plaque.



### Interdental Brush:

Interdental brush equipped with shape and small brush head. It helps to clean space among brackets and under wire



Remarks: Should you have any enquiries, please consult your doctor.

Compiled by Union Hospital Consent Form Taskforce

The above information is for reference only, please enquire your physician for details  
Our Hospital reserves the RIGHT to amend any information in this leaflet without prior notification