



## Dental Procedure Information

### Fixed Appliance Therapy

#### Procedure Instructions

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 Procedures

##### Brushing:



1. Holding the brush on top of the braces, scrub in small circles 10 times.
2. Holding the brush at an angle 45° towards the chewing surface, scrub in small circles 10 times.
3. The most important step is – Holding the brush at an angle 45° towards the gums. Make sure that the gumline is also being cleaned.

4. Lastly, do not forget to brush the chewing surface and the back of teeth.



Flossing with Braces:

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



Should there be any enquiries or concerns, please consult the dentist.

Under the professional care of the dentist, you will gradually recover. We wish you all the best during your treatment and recovery.

If you have any questions after reading the entire leaflet, please write them down in the spaces provided in order for the dentist to further follow-up.

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Compiled by Union Hospital Operating Theatre (OT) Governance Committee

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