



## Footscray Orthodontics Pty Ltd

Trustee for Footscray Orthodontics Unit Trust

BDS (Adel), BScDent (Adel), DCD (Melb), MOrthRCS (Edin)  
 Certified by the Australasian Orthodontic Board  
 Member of the Australian Society of Orthodontists

*Specialist Orthodontists for adults and children*

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### INSTRUCTIONS FOR ORTHODONTIC APPLIANCES

#### **BRUSHING**

- Approximately four minutes should be spent on brushing.
- Be sure to concentrate in the areas around your gum line and the spaces blocked off by wires.
- You should use a soft and small headed toothbrush.
- Toothbrushes should be replaced every 10 weeks or when the tooth brush is worn out.
- It is still important that you receive regular general dental check-ups during orthodontic treatment to minimise the risks of tooth decay and gum disease.

#### **DIET**

- Do not eat anything hard, crunchy, sticky or chewy.
- Be sure to chew on your back teeth (molars) as the bands are made for heavy duty chewing
- If sweet foods are eaten, keep them to mealtime and clean your teeth straight afterwards.
- **Break or cut up foods before putting it into your mouth, as large pieces of food will damage your appliances.**

DO'S	TAKE CARE WHEN EATING
Porridge Mash potato Cereal Toast/bread/soft rolls (without hard crusts) Crumpets/muffins Pies/Pasties/Sausage Rolls Fruit and vegetables Soup Pasta/Rice Eggs/Omelettes Cheese Dried fruit Ice Cream/Yoghurt Soft cakes Flake/Twirl/Grated chocolate Thins/Lites (potato crisps) Diet soft drinks and cordials Meat (small pieces no bones)	Biting into whole apples or hard fruits Steaks and tough meat Muesli/Muesli bars Crunchy cereal Chewing gum/Bubble gum/Mints Nuts Popcorn Corn on the cob Whole vegetables (small pieces are preferable) Sweet juices/soft drink/cordial  *You may still have sweets and soft drinks, but please ensure that you have soft drinks with a meal and after eating sweets to brush your teeth immediately. We do not want the sugar to remain on your teeth and promote plaque build up

#### **BREAKAGES**

-Eating the wrong foods will cause breakages. **A fee will apply after the third breakage.** Each breakage can add a month onto treatment time. Phone and let us know as soon as possible if a breakage of any kind occurs, even if it is the same day as your appointment.

Please do not hesitate to phone if you have any queries, as we will be only too happy to help.