



## BRACES TROUBLESHOOTING

### BE PROACTIVE

- Coming to all your appointments will ensure we can stay on track with your treatment plan and identify any issues early
- Regular brushing and care with eating will ensure your treatment can progress according to plan
- Follow instructions by our staff carefully. If you can't remember please ask us
- If you need to wear elastics please follow the instructions we give you as not wearing them will impact on the end result and could extend the length of time you have braces on

### MANAGE PAIN

- When your braces first go on, you will have a sore mouth for 2-3 days
- It will feel like a "headache in your mouth. If it is causing you discomfort you can take paracetamol such as Panadol, or Nurofen. Plan to eat very soft foods for the first week that your braces are on
- If you play a musical instrument like a saxophone or trumpet you will find it difficult for the first week but this won't last. Please let your music teacher know that you will be getting braces on that week
- Be assured it will settle, but please call us if you feel the pain is not reasonable

### BRACES THAT CHANGE COLOUR

- Colour in food can stain the rings around your braces if you are wearing clear braces.
- This is only temporary and does not affect your teeth. The rings are changed at every appointment
- If you have an important event and your braces have been stained and you are worried about the way this looks, please call us and we can make a time to replace them for you

- If you are worried about discolouration, please avoid foods with colour in them ([hyperlink to what not to eat](#))

### LOOSE TEETH

- This is a normal sign that your braces are working as your teeth are being directed into their new positions.
- Once your teeth have moved to their final position the pressure will reduce and your teeth will become more fixed and feel normal again.
- If you have loose teeth from an accident or any other activity or sports this is a different matter and you must phone us immediately

### ACCIDENTAL DAMAGE TO BRACES

Usually you will need to make an appointment and come in as soon as possible if there is some damage or breakage to your braces. To minimise damage and discomfort please:

- Manually reposition loose wires back in the bracket with the eraser end of a pencil.
- If a loose wire is uncomfortable, put wax over the end of the wire
- Bring with you any piece that has come loose

If you can't resolve an issue with your braces, please call us on 4638 0710 or if it's after hours and you can't wait, call our emergency number 0422 353637.