

Please bring your toothbrush with you when you come to see us and brush your teeth before your appointment. This will help us to see if you are brushing efficiently.

If you are happy with your treatment here, why not tell your friends about us? Or post a review on www.nhs.uk/dentist Patients do not need to be referred by a dentist; they can just give us a call and refer themselves.

Good Luck



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Our office hours are
Mon - Thurs 8:30am - 4:30pm
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Our surgery hours are
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Oral Hygiene

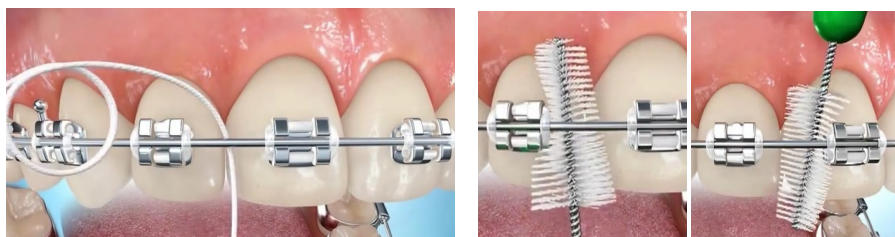
- The objective of orthodontic treatment is straightening of the teeth and correcting the bite. If the health of the teeth is ignored along the way, the treatment result can be significantly compromised.
- Effective brushing and flossing is one of the most critical actions needed from patients during orthodontic treatment. Regular visits to the general dentist for examination are also essential.
- The results of inadequate oral hygiene include decalcification (white spots/marks), gingivitis (inflammation of the gums), and periodontal disease (inflammation leading to bone loss).

A common misconception is that the braces themselves cause marks on the teeth. The reality is that the plaque left around the braces causes decalcification. Fortunately, decalcification is preventable by thorough brushing and flossing.

In order to counter the process leading to decalcification, consistent and effective brushing techniques are required. An illustration of technique that can be used to effectively clean around the braces is shown below. Notice that only a couple of teeth at a time are brushed. This helps concentrate on specific areas around the braces and along the gum line. The angle of the brush is also important in order to properly clean all sides of the teeth and under the wire.



Using floss between the teeth is also very important when wearing braces. The space between the teeth is unreachable by brush, so regular flossing will help to prevent plaque build up in these areas. With braces, the wires will prevent the usual technique for flossing. Therefore, the floss can first be threaded underneath the wire, and then the floss can pass in between the teeth up to the gum line as usual. Interdental brushes are also great for getting in between the brackets and wires.



Additional brushing instructions to keep in mind:

- ✓ First, frequent visits with your general dentist for examination are critical to prevention. Most people see their dentist every 6 months.
- ✓ Second, it is important that the teeth are brushed after every meal. Food can collect very easily around the braces and therefore needs to be removed on a regular basis.
- ✓ Third, avoid trying to brush all the teeth at once. It helps to limit brushing to a couple of teeth at a time. This way, areas on certain teeth will not be missed.
- ✓ Fourth, effective brushing requires time. Avoid rushing and make sure any areas that may have been missed are checked and re-brushed. A good technique would be to use a timer (some electric toothbrushes have timers built in).
- ✓ Lastly, brush from the top, bottom, and middle towards and between the braces and wire. Also remember to brush towards the gums gently, since over aggressive brushing can damage the gum tissue.

Disclosing tablets are a great way to improve on your brushing techniques. After brushing chew on a disclosing tablet, swirl it round your teeth. Any missed areas will stain, helping you identify the areas you need to improve on in future.

We sell a wide range of products to help keep your brace in pristine condition. These are available at reception.



We strongly recommend that patients wearing fixed braces use fluoride toothpaste and mouthwash. This will help prevent decalcification, which in turn can lead to cavities.

You will be shown a video when your braces are fitted, this will explain in detail how to care for your teeth and braces properly. Please feel free to ask a member of staff if you would like to watch our Oral Hygiene video again at any time.