



Playing sports with braces

If you do play contact sports, while braces are on, it is recommended that you wear a mouth-guard in order to protect your teeth and your braces. The orthodontist can guide you to procure one, or get it customised for you.

No pain, no gain!?!

Fixing the braces on teeth is painless,. However, you may experience some tenderness of teeth that lasts for a while. You may experience some mouth sores due to the proximity of the braces to the lips, tongue and cheek, after placement.

Taking simple painkillers, using ulcer gels as advised by the orthodontist can help reduce the discomfort and provide relief. Your orthodontist would also coach you on how to protect your lips from the brackets, using “orthodontic relief wax”.

If your teeth feel especially tender to bite on, cut or dice your food into smaller pieces and eat using small mouthfuls. Eat soft foods for the first few days. You will get seasoned to the presence of the brackets by the first month and may even “forget” about them after a while.

After first few days of discomfort, the tissues slowly adapt to the pressure applied by the braces. Hence no discomfort, thereafter . . . till the next activation.

Orthodontic/braces specialists in India receive a 2 to 3 years of specialized education and training at a Dental College, recognised by the Dental Council of India, in addition to the 5 -year basic dental training, training to learn the correct way to align and straighten teeth, control and utilize facial growth, enhance smile esthetics and jaw function. Only those who successfully complete this formal education program may call themselves “**Orthodontists,**” and only those orthodontists can be members of the Indian Orthodontic Society, the national association of qualified orthodontists in India. Selecting a member of the Indian Orthodontic Society for your orthodontic care is your assurance that the doctor is a person most qualified to do the job at hand.

If you have any questions or concerns throughout your treatment or in the future, please consult your orthodontist or visit our website.

The Orthodontic journey begins



Steps towards A healthy beautiful smile

Co-operation & Co-action

Orthodontic treatment is about teamwork, and you are the most important team member. Your commitment in keeping your teeth and mouth clean and healthy will ensure that you will get your results...a healthy, beautiful smile, on schedule.

Appointments

It's vital to keep all of your office appointments with the orthodontist, which may range from 10 to 30 minutes. However, a few appointments will take more time and you be informed of the same in advance.

In the general interests of all patients, you are requested to be on time for appointments and be aware of the rescheduling protocols of the orthodontist. Braces, if not monitored properly, can adversely move teeth, causing damage or lengthened treatment time.

It is important to be on time for appointment

Frequent missed appointments will surely complicate treatment & extend treatment time. Regular check up with your dentist is also advised, during the course of orthodontic treatment, to intercept any developing cavity or gum issues.

Foods to be careful with Braces

With braces fixed on your teeth, a soft diet is recommended for the first few days. The soreness will rapidly diminish and you will be free to eat a wide variety of foods. Braces are delicate and can be easily damaged if proper care is not taken, it is recommended to be careful and avoid the list of foods given below as long as braces are fixed on your teeth:

- **Chewy foods:** gummy candies, bubble gums
- **Sticky foods:** chewing gum, caramels, toffees, candies
- **Crunchy foods:** chips, ice, popcorn, cookies, nachos, tacos
- **Hard foods:** nuts, candy, lozenges, hard breads, crusty pizzas
- **Foods you bite into:** corn on the cob, apples, pears, carrots

Beautiful people delivering beautiful smile



Parts of Braces

It is essential for you to be able to identify various parts of your braces so that you can communicate with your orthodontist should a problem occur.

Ligature:

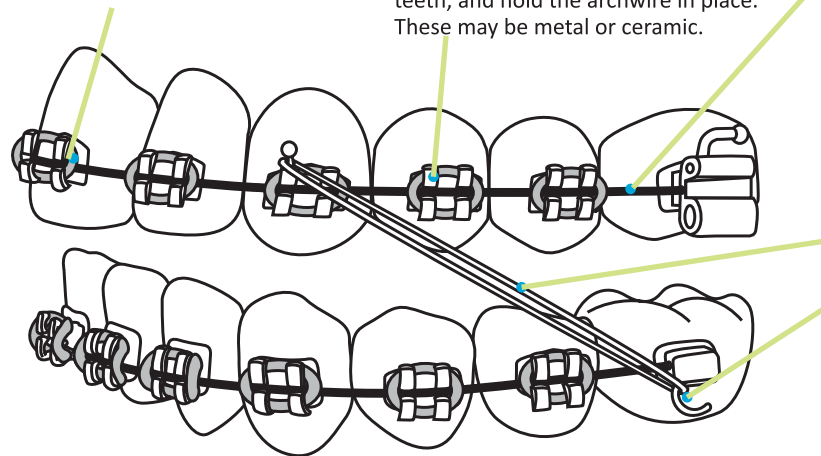
The archwire is held to each bracket with a ligature, which can be either a tiny rubber band or a twisted wire

Brackets:

Brackets, more often than not, square or rectangular in shape, are connected to the bands or directly bonded on the teeth, and hold the archwire in place. These may be metal or ceramic.

Archwire :

The primary driving force of the orthodontic treatment. It is a wire that passes through all the brackets and creates force to move teeth into correct alignment.



Hooks & Elastics :

Elastic hooks are metal extensions used for the attachment of rubber bands, which help move teeth toward their final position. Elastics are rubber bands that the patient stretches from one bracket or band in the upper arch to a bracket or band in the lower arch, or, wherever the orthodontist advises, to provide a force that will move the teeth.

Cleaning the Teeth & Gums

Braces are the "road-bumps" in your efforts to a clean your set of teeth & gums. With braces & wires on the teeth, food and debris can collect easily in between teeth. You will need to brush after every meal to keep your gums, teeth & braces, in that order, free of food debris. While battery operated toothbrushes do come in handy, it is the technique of toothbrushing which is vital in maintaining oral health during the orthodontic treatment.

You must get your toothbrush to the orthodontic office & learn the correct brushing technique. Special orthodontic tooth brushes may be necessary to assist in cleaning of gums and teeth