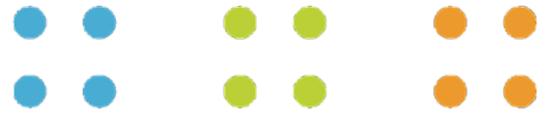


# Your Journey to Your Dream Smile



## Your First Visit

Your first visit to Oliver Orthodontics is about us getting to know you, and finding out what you want from your orthodontic treatment.

Every patient is different, so we need to understand your ideal smile and outcome, and then we can start to talk about how we'll achieve it.

We'll discuss possible options for treatment and give you information about how long it would take, the number of appointments, and the costs associated. Unlike many practices, where a 'treatment coordinator' is involved, Dr Oliver will sit down with you personally, and will take the time to get to know you and explain your options.

If you choose to proceed, we take some diagnostic records, such as x-rays and impressions for study models. This enables us to create a detailed, customised treatment plan before your next appointment.

When we see you again, we'll present the treatment plan to you in detail for your approval. This gives us a chance to answer any questions you have, and explain the details.

In no time at all, you're on the road to your new smile.

# Your Journey to Your Dream Smile



## Oral Hygiene & Diet

Your teeth and braces require special care to maintain your oral health and ensure the best treatment outcomes possible.

Below are some tips on maintaining good oral hygiene and diet, to help you get the most out of your orthodontic treatment. After all, there's no sense in devoting time and money to straightening your teeth if you end up with serious dental problems.

### Oral Hygiene

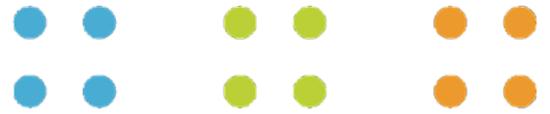
Dental plaque accumulates on the teeth and around orthodontic appliances, so frequent and thorough oral hygiene is crucial to prevent decay and gum disease. Having braces means that cleaning your teeth is more time consuming, and more steps are involved.

Dr Oliver recommends brushing your teeth with a soft, small-headed toothbrush after every meal. Both electric and manual brushes are effective.

It is important to brush the outside surface of your teeth twice. For example, when cleaning the upper teeth, you should first angle the tooth brush upwards and clean the area of the tooth below the bracket using a small circular or jiggling motion. Next, angle the brush downwards and ensure that the bristles are touching the tooth above the bracket. Again, use a jiggling or circular motion. Brush each tooth individually, spending about 5 seconds above the bracket, and 5 seconds below the bracket on each tooth.

We also recommend floss threaders or SuperFloss for cleaning the gums in between the teeth. Thread the floss underneath the wire and between the teeth, and then gently clean the gum line.

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## Oral Hygiene & Diet

Interdental brushes (resembling a Christmas tree or bottle brush) may also be used to help clean between the brackets and underneath the wire.

We often recommend other products to minimise the risk of tooth decay:

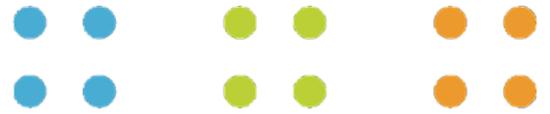
- Tooth Mousse is a cream made from cow milk that helps reduce the loss of minerals from your teeth. It works by concentrating calcium against the tooth surface. After brushing at night and just before you go to bed, place a pea-sized amount on your finger and smear over the teeth. Spit, but do not rinse.
- A fluoride mouth rinse like Colgate NeutraFluor 220 or high-fluoride toothpaste such as Colgate NeutraFluor 5000 may also be suggested.

Disclosing tablets are a good method of assessing how well you are brushing your teeth. They are made of a vegetable dye that stains plaque, but not clean teeth. Chew the tablet and use your tongue to ensure the dye is evenly spread over the outside surface of your teeth. Rinse well, and then look at your teeth under a good light.

If your teeth are clean, the entire surface of the teeth should be white. If there is plaque on the teeth, it will be stained by the dye (purple or red, depending on which one you use). To remove the colour on the teeth, simply brush again to remove the plaque. Make sure that you use disclosing tablets in the bathroom because it can be messy!

In addition, we may advise you visit a dental hygienist, who can provide you with a professional clean before, during, or after your treatment, and can help you perfect your cleaning techniques.

# Your Journey to Your Dream Smile



## Oral Hygiene & Diet

### Diet

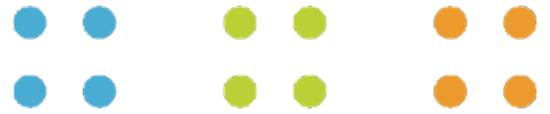
Although your braces are firmly attached to your teeth, hard foods can distort wires and dislodge the brackets.

There are no strict rules as to what you can and can't eat while your braces are on, but some examples of foods to be careful of include: carrots, crunchy apples, nuts, crusty bread, ice, toffees and lollies, and cold chocolate.

Some foods, like carrots and apples, can simply be chopped up before eating, reducing the risk of causing breakages.

You should ensure your diet does not promote dental decay. It is important to avoid frequent snacking and intake of sugary foods, and to limit the amount of acidic drinks consumed, including soft drinks, sports drinks, and fruit juices.

# Your Journey to Your Dream Smile



## Emergencies

From time to time, unexpected breakages or orthodontic emergencies occur. Most commonly, part of the orthodontic apparatus will come loose or become detached, affecting the way the appliance fits and/or works. Some of the more common problems include:

### Dislodged brackets

It's not unusual to have a bracket fall off during treatment. The most common cause is eating hard foods. People with deep bites, where there is an increased vertical overlap of the teeth, are more prone to breaking brackets. Normally, a breakage is not a problem, but it is advisable to call us to arrange a time to have the bracket replaced.

### Wire problems

There are two key wire problems that may arise. Firstly, the flexible wires used in the early stages of treatment may occasionally pop out of the brackets on the back teeth, again often caused by eating hard foods. Sometimes you can use a good, clean pair of tweezers to bend the wire back into the bracket. If not, please call to arrange a time. The second common wire problem is over-extension of the wire towards the back of the mouth. As the wire straightens, it may extend beyond the back bracket, causing cheek irritation. You can use wax to temporarily minimise the irritation, and we will happily arrange a time to trim the wire for you.

# Your Journey to Your Dream Smile



## Emergencies

### Broken or lost plates, appliances and retainers

If a plate is broken or lost, please call to arrange an appointment to have it repaired or replaced. We don't like to charge any additional fees, but you will need to pay the laboratory fees for the cost of the replacement appliance.

If a component of your orthodontic appliance or braces breaks, call Oliver Orthodontics to arrange a time for repairs.

We ask that you don't wait until your next appointment to let us know, because it can cause delays in your treatment.

If you are experiencing a problem that is causing pain, you should call Oliver Orthodontics immediately to seek emergency treatment. Patient care is our highest priority.

# Your Journey to Your Dream Smile



## Retainers

After your braces have been removed or your final Invisalign aligner has been completed, retainers are fitted to ensure that your teeth remain in their new position.

These retainers are a very important component of your treatment, and it is important that you wear them as instructed.

There is scientific evidence to suggest that your teeth move throughout your life, so we recommend that you continue to wear your retainers at a reduced rate for the rest of your life.

In the lower jaw, we often recommend a bonded retainer. The bonded retainer is a piece of wire that is glued to the back of the lower front teeth. We recommend that this retainer stays in place for as long as possible and is checked by Dr Oliver or your general dentist every six months.

In the upper jaw, we usually recommend a removable retainer. After a short period of full-time wear, this is only worn at night.

If at any stage you have a problem or lose or break your retainers, please call Oliver Orthodontics to arrange to have a new one fitted immediately.