

ORTHODONTIC TREATMENT - FREQUENTLY ASKED QUESTIONS

1. What can I eat when I have my braces put on?

When you first have your braces put on; try to stick to a soft diet for a few days until you get used to eating with braces. In general, always avoid hard or sticky foods. Cutting food into smaller pieces can also help.

2. What should I do if the wire pops out or is sticking out?

As your teeth are moving, it is common for the wire to pop out of position or move. This is not necessarily urgent but can be uncomfortable. Give us a call to make an appointment so we can put it back in position.

3. What should I do if a bracket comes off?

Brackets shouldn't come off unless you have exerted too much force onto them from eating hard foods or knocking them. Give us a call to make an appointment so we can cement it back on.

4. What should I do if I run out of elastics?

Not everyone requires elastics; but if you do and have run out, just come in and we will give you some more.

5. What should I do if I get an ulcer?

During orthodontic treatment; it is likely you will experience ulcers. The best option is to try and tough it out whilst your lips get used to the braces. By doing this, it will usually prevent further ulcers occurring. If you require some relief, break off a pea sized amount from the ortho wax provided. Roll it into a ball and place it on to the bracket that is causing the ulcer

6. What should I do if I lose my retainer after I have my braces removed?

Your retainer is very important to keep your teeth in place after your braces have been removed. If you lose it, make an appointment as soon as possible so we can make you a new one.