

Caring for your braces

Food & Drink

For the duration of your orthodontics treatment, you will have to avoid eating hard food, initially because your teeth will be quite sensitive and later on prevent breakage's this will show your treatment down a lot! Hard foods and eating meat off the bone should be avoided at all times! Raw fruit and vegetables should be cut into small pieces to facilitate chewing.

If you have clear braces, you should avoid foods with strong colourants that may stain your braces, like curries. Soft drinks and energy drinks are NOT allowed at all! The sugar and acid content is extremely high and can cause irreversible damage to your teeth. Fruit juice should be limited to meal times and not as a in-between drink. Remember to always drink plenty of water!



What Can I Eat?

Avoid	Eat Carefully	Go for seconds
<p>Sticky foods: Sticky caramels, chewing gum, chewy sweets and toffees</p>	<p>Meats: Steak, ribs and chops should be cut off the bone and into smaller more manageable pieces.</p>	<p>Seafood and meat: Turkey, chicken, ham, minced meat, fish and seafood</p>
<p>Hard foods: Candy canes, mintiest, toffee apples, Redskins, crusty bread and biscuits, hard chocolate bars, chewing on pencils and ice cubes</p>	<p>Nuts and crackers: Soft cashews, peanuts and popcorn can usually be eaten safely. Small crackers and corn chips with salsa and guacamole make for delicious snacks!</p>	<p>Dairy foods: Cream cheese, custard, ice cream, yoghurt and milkshakes</p>
<p>Sugary foods: Sweets, lollies and sugary drinks (particularly side and sports/energy drinks)</p>	<p>Crunchy veggies: Raw veggies like carrots or celery, and fruits such as apples should cut up into smaller piece and eaten with care. Fruit juices should be drunk in moderation.</p>	<p>Soft Grains: Soft breads, tortillas, muffins, pancakes, cooked pasta and rice</p> <p>Fruits and veggies: Soft cooked vegetables, mashed potatoes and steamed greens, as well as smoothies and softer fruits like mangos, bananas and berries</p>

Sport

While your child is wearing braces they can still participate in contact sport, as long as they're protecting their teeth with an orthodontic mouthguard. Your orthodontist can mould a mouthguard over the braces and advise when your child should be wearing it, depending on what sports they play.



Knowing your braces

Braces comprise of 3 main components:

Brackets (metal or clear) are glued onto the teeth and act as "handles"

Archwires are metal wires used to move the teeth into the desired position

O'rings, power-chain or steel ties are used to keep the wire in the bracket slot

Elastics or rubber bands are used to help the teeth to fit together better

Emergencies

You should call your orthodontist when:

- You have a broken bracket or appliance
- An o'ring is missing or the power-chain has snapped
- A wire or a steel tie is poking into your cheek
- You have lost your appliance
- You have run out of elastics

