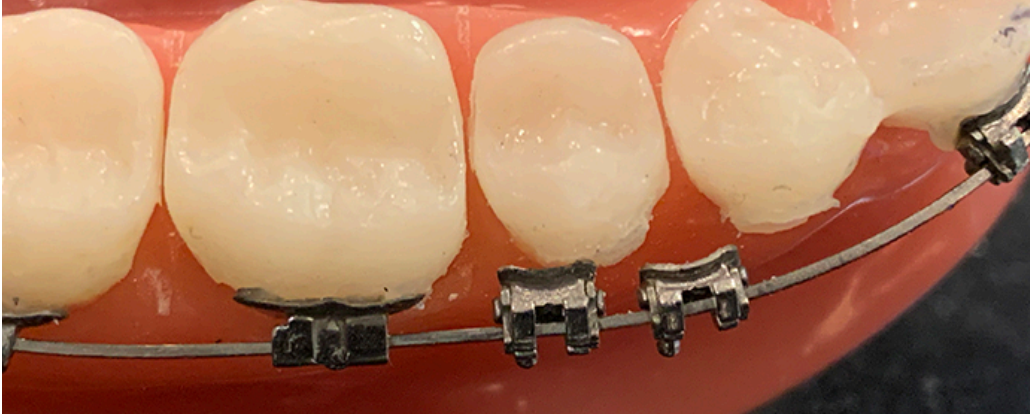


BROKEN BRACKETS



Braces are made of three main components: brackets that are glued onto the teeth, two wires that run through your top and bottom brackets, and o'rings to keep the wires in place.

The brackets and wires are relatively sturdy and are tested straight after they are glued on. They are meant to stay in place when you eat meals and brush your teeth, but they can break if you place **too much pressure on them**.

Usually broken brackets (especially those in the front or upper jaw) are caused by eating hard or sticky foods which **MUST** be avoided while wearing braces. To keep the wires or your braces from breaking, **AVOID** eating very hard foods, such as candies, nuts, and breadsticks, and **NEVER** use your teeth as tools. Please ask for instructions regarding foods if this has been forgotten.

Breakages of appliances are a **nuisance to all concerned**. They can mean **discomfort** for you and **delayed treatment**. Instructions are given to reduce the risk of breakages at the beginning of treatment but you must co-operate and work to reduce the risk yourself.



TOP TIPS

1. Eat soft foods, chew with your back teeth and don't bite too forcefully
2. Avoid chewy, crunchy, sticky and hard foods.
3. Brush and floss with care after every meal
4. No nail biting or biting on any other hard object!

EMERGENCIES

We only fix broken brackets at **10:10am** or **2pm** to ensure that our peak times stay available for regular adjustments.

COST

We are happy to cover the first 5 breakages, but any more than five is considered excessive. Further breakages will incur a **fee of \$50 for each** broken bracket.

APPOINTMENTS

If you come to an appointment **WITHOUT** advising us of a broken bracket, we may not be able to fix it on the same day and you'll have to come back.

Friendly reminder

You can go through treatment without any broken brackets, just follow these instructions!