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Clinton Braces

Dr. Nguyen DDS, MS, Orthodontist

Welcome To Our Office!

We are very pleased that you have chosen our practice for orthodontic treatment. It is our commitment to provide you with the highest quality care and a great experience while achieving our orthodontic goal. The result is beautiful teeth that will last a lifetime and a smile that will take you anywhere you choose to go in life

So, you've taken the first step and had your braces fitted. That's a smart move. It may take a little while to get used to the feel of them in your mouth, but pretty soon, you'll forget they are there. To give your braces a chance to work effectively, be sure to follow these important dos and don'ts, they'll help to keep your teeth healthy and your treatment on track.

1. brush teeth extra carefully

Proper brushing is more important than ever because food and plaque left around your braces can cause tooth decay and swollen gums. After every meal, make sure you brush with an electric toothbrush, a 'Christmas tree' brush, and fluoride toothpaste. Then check in the mirror to see if you missed anything!

2. use mouth rinse

Using a fluoride mouth rinse each day will help clean your mouth and keep your teeth strong.

3. think before you eat

You can still eat most things while you're wearing braces but start with soft foods in the first week. After that, you should be able to eat pretty normally, as long as you keep these tips in mind.

The worst things you can eat with braces are **hard, sticky** sweets like toffees, Minties, and Red Skins.

Biting into large, tough objects can damage your braces – so always cut things like apples, raw carrots, and crusty rolls into bite-sized pieces.

Don't gnaw meat on the bone or corn on the cob.

Anything that can't easily be cut into smaller pieces – like ice cubes and pork crackling – is best avoided.

4. drink smart

A lot of soft drinks, juices, energy drinks, and flavored milk drinks are very high in sugars and acid – and cling around your braces. Try to drink them only occasionally and brush afterward if you can.

5. manage discomfort

It's normal to feel some discomfort in the first few days after fitting and adjustments as your teeth begin to move. Paracetamol or ibuprofen can help. If your braces are irritating your cheeks or lips, you may be at risk of getting mouth ulcers. To help prevent this, simply place a small piece of wax over the bracket that is rubbing.

6. report breakages

Even if you are careful with your braces, they may occasionally break or become loose. If this happens, it's important to make an appointment to get them fixed as soon as you can, so your treatment stays on track.

7. see your dentist

Orthodontics doesn't replace ordinary dental care so make sure you continue to see your dentist for regular check-ups.