



Oral hygiene during orthodontic treatment

Removable appliance.



It is really important to clean your removable brace every day. The best method is to use a hard toothbrush and toothpaste, but be careful not to bend the wires. Storing your brace correctly is just as important as cleaning it correctly. Whenever it is not in your mouth, keep it always in a glass of water.

When you're on the move, for example at school or sport, protect your brace by putting it into a protective case, a so-called retainer case. This will help to prevent it from getting damaged.

If your brace has expansion screws, pay particular attention to the threads when cleaning as plaque settles here quickly. It is vital that you clean your brace regularly with a special cleaning solution so that it continues to work properly. Your orthodontist can give you more information about this.

Care advice

- Place your brace in a glass of water whenever you don't need to wear it.
- Clean removable braces daily with a hard toothbrush and toothpaste.
- Put your brace into a retainer case when you're on the move.
- Depending on how contaminated your brace is, use a special cleaning solution once a week additionally. Have your brace cleaned at the orthodontist's if an ultrasonic unit or activeblue® (a special cleaning unit) is available there.
- If your removable brace has special spring screws which you can turn/tighten yourself and if they become too contaminated, ask your orthodontist to replace them for you.

Fixed appliance.



Oral hygiene is a bit more challenging if you have a fixed appliance because of the brackets and arches. Listen carefully to your orthodontist's advice. You will have to make some changes to the way you clean your teeth. For example you'll probably find it helpful to use a special toothbrush which will help you tackle those parts that are difficult to reach.

Cleaning your teeth after every meal is now even more important because plaque can build up quickly. This can lead to your teeth losing essential minerals which increases the danger of tooth decay. It would be a real shame if, at the end of your treatment, your teeth are straight, but damaged.

Care advice

- Clean your teeth after every meal.
- In addition, use special interdental brushes to make sure you can clean between the brackets and the arches. Ask your orthodontist for advice.
- If you have got a water flosser, use it to get rid of larger food particles before you clean your teeth (they still need cleaning even if you use a water flosser!).
- Use dental floss regularly (this removes food particles your toothbrush can't reach).
- Fluoride prophylaxis: use a product you know and trust (weekly).

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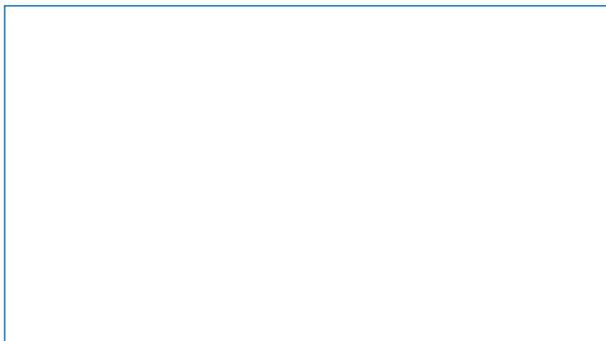
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