



مؤسسة الرعاية الصحية الأولية
PRIMARY HEALTH CARE CORPORATION

Orthodontic Treatment and Oral Care



PHCCqatar



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1. What is Orthodontic treatment?

It is the treatment involving use of appliances to correct the arrangement of teeth and improve the appearance and/or chewing efficiency.

2. What are the types of orthodontic appliances?

- a. Removable appliances-** These can be removed easily by the patient for cleaning.
- b. Fixed braces-** These are fixed to the teeth during treatment and cannot be removed from the mouth for cleaning.

3. Do you need to change your diet during Orthodontic treatment?

- Avoid hard and sticky food like nuts, toffees, chewing gums, hard biscuits etc.**
- Fresh fruits and vegetables like apples, carrots etc. must be cut into small pieces and chewed using the back teeth.**

4. Do you need to change your oral hygiene habits while undergoing orthodontic treatment?

- **Food gets easily trapped around the braces or metal wires, leading to plaque formation.**
- **Failure to remove food debris and plaque between the teeth and appliance can cause damage to the teeth (loss of tooth minerals, cavities) and gum problems (swollen, painful, bleeding gums).**

Importance of oral hygiene during orthodontic treatment:

- **Maintaining good oral hygiene is very essential while undergoing**
- **It will prevent permanent marks, cavities on teeth and gum diseases during and after orthodontic treatment.**



Oral Care with Removable Orthodontic Appliances:

- Learn to insert and remove the appliance or retainer from the mouth.



- The teeth and appliance should be cleaned after every meal and before going to sleep at night.
- Food particles and plaque accumulate on your appliance just as they do on your teeth.
- Use soft bristle toothbrush and fluoride tooth paste to clean the teeth.
- Clean the appliance carefully using toothbrush and paste. Hold it by the plastic part, without moving, bending or distorting its metallic components.



Oral Care with Fixed Orthodontic Appliances:

- **Small metal/ceramic attachments (brackets) are fixed on the teeth with special adhesive and cannot be removed. Wires or elastic bands are attached to these brackets.**



- **The teeth with braces should be cleaned after every meal and before going to sleep at night.**
- **Spend sufficient time to clean around each tooth, concentrating on removing the food debris and plaque between the teeth, at gum line, around the bracket, wire or elastics.**
- **Always use fluoride toothpaste with soft bristled manual or powered toothbrush.**

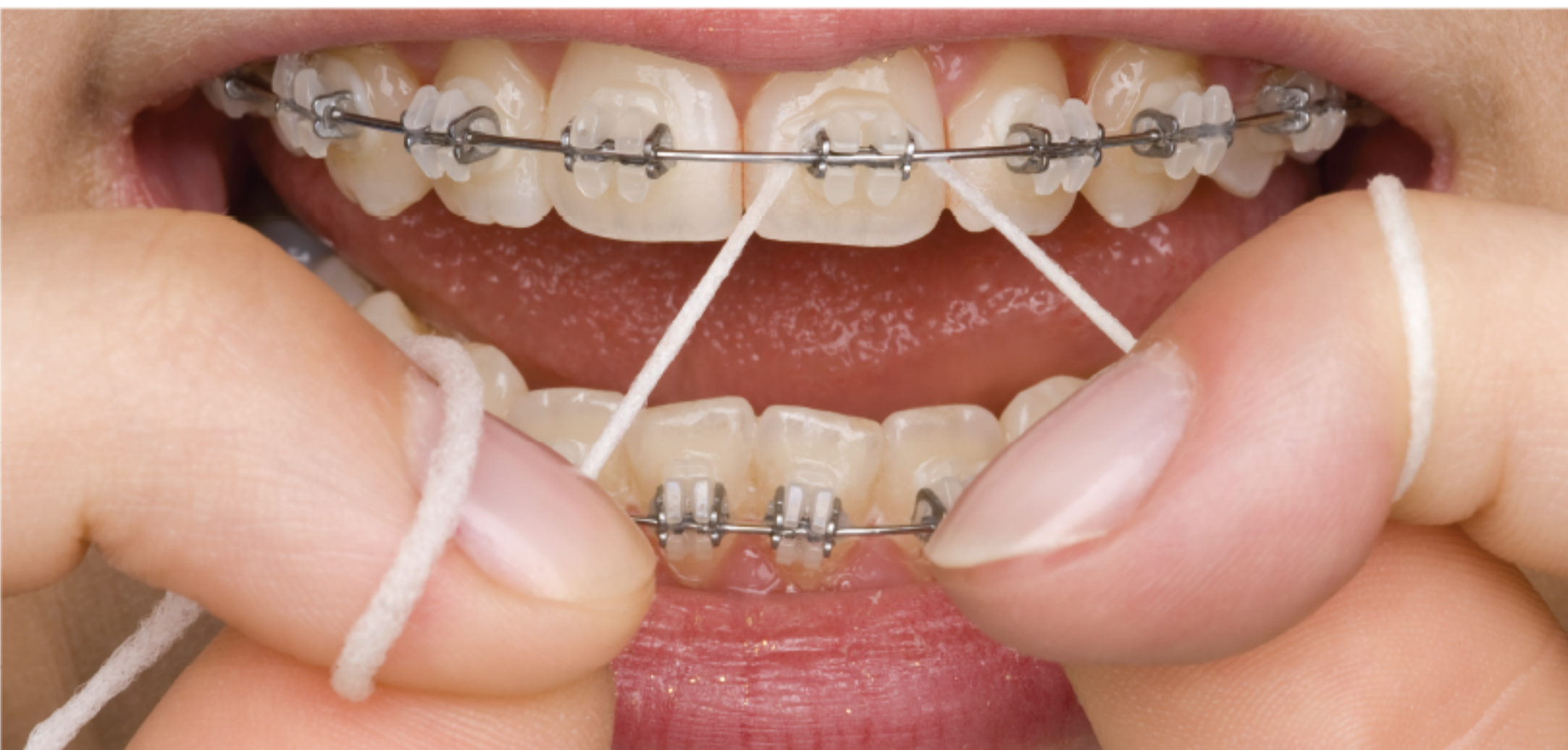


Additional Oral Care products for cleaning under and around fixed appliances:

- **Interdental brush/ Proxa brush**



- **Super floss**



- **Dental floss with threader**

