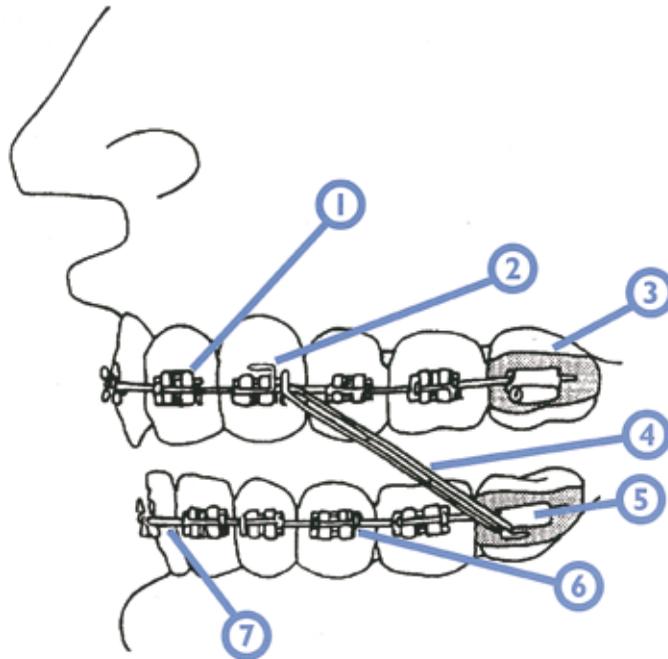


Some information about your fixed appliances (bands, braces)



The Different parts of your braces.

1. **Direct Bond.** Bracket attached directly to tooth surface by means of special glue.
2. **Elastic Hook.** For attachment of elastics.
3. **Band.** Ring of metal cemented around the tooth - tube is welded to this.
4. **Elastics.** Rubber bands provide force which move teeth
5. **Buccal Tube.** End of archwire fits through this.
6. **O-Ring.** Alastik ring holding archwire in the bracket. Think of a colour you'd like before your appointment.
7. **Archwire.** Teeth move along this guide.

When your bands are new.

Some irritation will occur as your lips, cheeks and tongue rub against the appliances. This is temporary. Its like when you buy a new pair of shoes and get blisters. After a few days your skin toughens and you don't feel them. If they are a problem, use the wax given to you.



When teeth first start moving, they sometimes become tender. This too shall pass. Some sensitive people may require analgesics initially.

Good habits will speed your treatment.



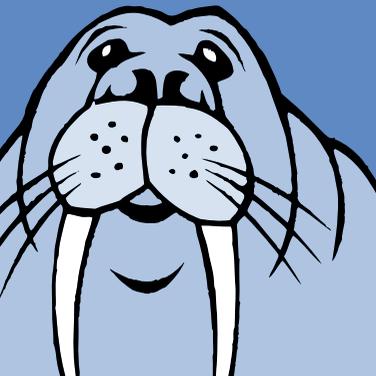
Every few days look in the mirror and check for damage (broken archwires, loose bands, direct bonds off). Please phone us if you see something broken.

The sooner damage is repaired, the sooner you are back on track.

Bad habits will slow your treatment.

Chewing pencils, nail biting, playing with your appliances and other bad habits can cause damage.

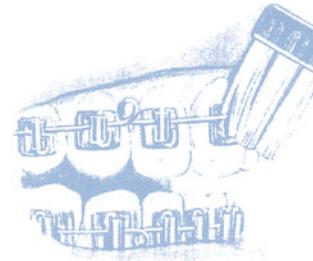
Elastics move teeth. If you don't wear elastics as asked, don't expect your teeth to move. The only person you cheat by not wearing elastics is YOU!





Brushing your teeth removes plaque. Plaque causes tooth decay, 'white spots' on your teeth and swollen, puffy, bleeding gums -yuck! Brush as you would normally but also make sure you do the following...

- **Use a soft toothbrush and a fluoride toothpaste.**
- **Gently but firmly brush down into the gums and behind, under, around and above your appliances (braces).**
- **Flossing is hard but 'life wasn't meant to be easy'.**



When you look in the mirror, your teeth should sparkle!

Mandurah

9581 2610

Bunbury

9721 5727

Busselton

9754 2063

