

If your Oral Hygiene is poor during orthodontic treatment, permanent damage to the enamel surfaces can occur. If this happens the Orthodontist will remove the braces to prevent further damage and treatment will be discontinued.

Removable Appliances

You should brush your teeth 3 times a day with fluoride toothpaste. Pay particular attention to where the gums meet the teeth. Take the brace out to clean your teeth and gently brush the brace with a soft toothbrush and mild soap, taking care not to damage the wires.

A daily fluoride mouthrinse should also be used, to further protect your teeth. If you do not keep your teeth and brace clean you may find there is permanent scarring of your teeth.

CASTLE DENTAL CARE

We'll take care of you

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Opening Hours

Monday	9am - 5.30 pm
Tuesday	9am - 5.30 pm
Wednesday	8.30am - 5.00pm
Thursday	8.30am - 5.00pm
Friday	8.30am - 4.30 pm

Wheelchair access available



Oral Hygiene during Orthodontic Treatment



You have just had your new fixed braces fitted and are probably wondering how to clean them!

Dirty teeth and braces look horrible!

Our mouths contain millions of bacteria which stick to our teeth to form plaque.

We must remove this plaque to prevent damage to the enamel and to keep our gums healthy.

We recommend you brush your teeth with a medium sized toothbrush with soft or medium bristles.



Starting at the front of your mouth, brush the upper teeth by pointing the bristles over the brackets and wires. Using small side to side movements brush all along the line of the teeth both above and below the wires. Do the same for the top and bottom teeth



Don't forget to clean along the insides of the teeth. It is often easier to clean with the toe of the brush where access is difficult.



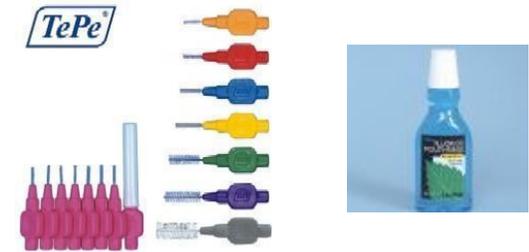
Don't forget to brush all the biting surfaces.



We recommend that you brush for at least 2 minutes three times a day using a fluoride toothpaste.

It is fine to use an electric toothbrush if you have one.

Finally you should clean between the brackets using a small interdental brush such as the TePe.



Using the correct size TePe for the space between the bracket and the tooth, insert the brush carefully and clean around each bracket. Do this along all the brackets.



We also recommend rinsing out for 1 minute with a fluoride mouthwash once a day.