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Dietary Advice

It is particularly important to take extra care of your teeth during orthodontic treatment. This is because plaque gathers around the edges of orthodontic appliances and can cause permanent white marks, brown marks and cavities. Plaque must be carefully brushed away several times a day.

Plaque is a sticky layer of bacteria which live on your teeth and gums. These bacteria feed on sugar and produce acids which cause tooth decay and gum disease. Acid is also found naturally in fruit and fizzy pop and is of concern as it may cause erosion of the tooth surface.

If frequent snacks are eaten the teeth are more at risk.

Any pre-packed foods that are purchased frequently contain sugar under another name (e.g. glucose, sucrose, fructose, lactose).

Key Rules:

1 **Teeth should be brushed with FLUORIDE TOOTHPASTE at least 3 times a day for 3 minutes at a time. Ideally you should carry a brush with you to school or work and brush after every meal including snacks.**

2 **Snacks and drinks that contain sugar SHOULD BE AVOIDED especially between meals.**

3 **Acidic and fizzy drinks SHOULD BE AVOIDED.**

4 **Avoid hard, sticky, crunchy foods that can break your brace and slow your treatment progression.**

5 **Use a Fluoride mouthwash once a day after you have brushed your teeth. This will strengthen the enamel of your teeth. These can be obtained from the chemist or at the reception.**