

Remember

- Brush thoroughly twice daily using a toothpaste containing fluoride
- Use a fluoride rinse like Colgate® FluoridGard Mouthrinses (available in regular and alcohol-free variants) once a day, ideally at a different time from toothbrushing
- Continue to visit your dentist for check ups whilst having orthodontic treatment

Eat sensibly when wearing a brace

- Try to limit the daily amount and frequency of sugary foods and drinks to prevent tooth decay
- Reduce your intake of carbonated drinks including sugar free varieties and acidic fruit juices to reduce the risk of tooth erosion
- Avoid sticky or hard foods which may lead to wires being distorted or brackets being dislodged

Colgate® products to care for your teeth and braces

Colgate® FluoridGard Daily Rinse

Strengthens tooth enamel and prevents tooth decay; particularly useful for those wearing braces. It is a mouthrinse containing Sodium Fluoride 0.05% w/w 225ppm F. Always read the label.



Colgate® FluoridGard Fluoride Rinse (Alcohol Free)

Ideal for children and teenagers as it is alcohol free. It is a mouthrinse containing Sodium Fluoride 0.05% w/w 225ppm F.



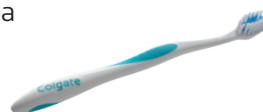
Colgate® Total® Toothpaste

Colgate Total® helps control the regrowth of plaque for 12 hours by reducing the amount of bacteria in the mouth to provide whole mouth protection*¹



Colgate® Ortho Toothbrush

A small headed toothbrush with a V-trim bristle system specifically designed to clean teeth around braces and other orthodontic appliances.



Ask your dental professional which Colgate® products are best suited to your personal needs.

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Patient Information How to care for your teeth and braces

What you should know and what you can do



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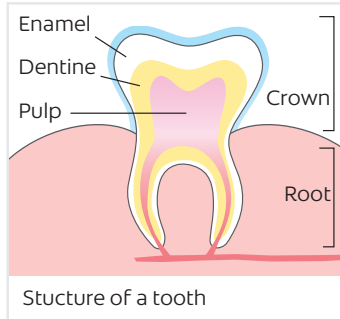
YOUR PARTNER IN ORAL HEALTH

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YOUR PARTNER IN ORAL HEALTH

What's in a tooth?

Taking care of your teeth can help you have a healthy smile for life. Your teeth are made up of a number of different structures:



Tooth enamel is the hardest tissue in the body and covers the crown of the tooth.

Dentine forms the major part of the tooth and gives teeth their colour.

The pulp of the tooth is rich in nerves and blood vessels.

Why is it so important to look after my teeth and brace?

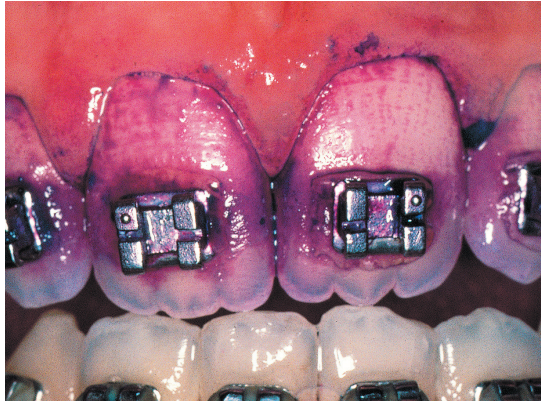
Everyone's saliva contains millions of bacteria. These bacteria stick to the surfaces of teeth and form dental plaque.

Plaque is soft and sticky as it grows on teeth which is difficult to see until the coating is quite thick. It collects on the surfaces of teeth mainly next to the gums and between the teeth.

Plaque causes tooth decay and gum disease. Braces that are not kept clean provide extra surfaces for bacteria to accumulate on teeth.

Do I need to clean my teeth?

Your orthodontist will not normally fit your brace unless you clean your teeth effectively. When a brace is fixed to your teeth, the brackets are more difficult to clean. It is therefore very important to keep your teeth and brace plaque free by careful toothbrushing as well as using a fluoride rinse for additional cavity protection.



Using special disclosing agents will show you where plaque is so that you can brush more effectively.

What could happen if I don't clean properly?

You could cause permanent damage if your teeth and brackets are not kept clean. The enamel that covers your teeth could be damaged, leaving unsightly marks.





These teeth were not kept clean while braces were worn, resulting in tooth decay.


Brushing your teeth


Brush your teeth twice a day with a small headed toothbrush, paying particular attention to the areas around your fixed brace brackets. It would help if you look in the mirror to make sure you are not missing any areas.

It is important that you remove plaque build up from all tooth surfaces by toothbrushing and interdental cleaning. Use a soft or medium toothbrush remembering to brush all 5 surfaces of each tooth so you don't miss any areas. Follow the guidance below to help ensure your daily toothbrushing is more effective.

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Brush every one of your tooth surfaces and do not forget the gum margin
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Brush the inside surfaces of your lower teeth
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Brush the inside surfaces of your upper teeth
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Remember to brush the chewing surface of each tooth