

All your conventional braces questions answered - Smile Solutions

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connect your elastics has fallen, stop wearing elastics all together and inform your orthodontist at your next appointment. Will my braces hurt? Initially, it may take some time for your mouth to adapt to the feel of your conventional braces and you may find that they rub on your lips and cheeks. Mouth soreness and ulcers are common when braces are first applied and can occur at any time throughout treatment. If irritation does occur, mould a piece of orthodontic wax into a tiny ball and use it to cover the part of your braces causing the problem. This will create a barrier that will help the affected area to heal. Drying the area first will help the wax to adhere and stay in position for maximum effect. When they are first fitted, and following each adjustment visit, your braces will feel tight, and this may make your teeth and gums feel a little tender. The tightness and tenderness mean your teeth are moving – and these sensations may last up to a week. During this time, we recommend that you eat soft foods that do not require much chewing. Over-the-counter pain management medication can also help, if required. Do I still need to see my general dentist now that I have an orthodontist? Your orthodontist will care for your braces and make sure everything is going according to plan, while your general dentist will make sure your teeth stay healthy and clean. Now that you have your conventional braces fitted, it is very important that you visit your general dentist every six months (or as advised by your dentist) for a check-up and a clean. This will ensure that your mouth is kept nice and healthy. Can I wear a sports mouthguard with my braces? Sports mouthguards may be worn over your conventional braces, but frequent use is discouraged as it will hinder the desired movement of your teeth. Mouthguards that are suitable for use with braces are available at our office, and they are also sold in some sports stores.

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