MEDLAND
ORTHODONTICS

Your Braces Journey



Congratulations. Your new smile starts today - and we're with you every step of the way.

Braces are a proven and highly effective way to achieve your new smile - precise, reliable, and tailored entirely to you.

YOUR QUESTIONS, ANSWERED

Our Education Hub is your go-to for FAQs, helpful videos, and everything in between.

PLEASE CALL (07) 5597 3344

If you have any questions

Keeping Your Teeth Healthy

BRUSHING | USE A SOFT TOOTHBRUSH

Brush twice a day - morning and night - making sure to clean all surfaces of every tooth. Both manual and electric toothbrushes work well, so use whichever you prefer.

1. Start with your upper teeth, beginning from the back tooth on your preferred side.
2. Brush above, on, and below the brackets using small circular motions - make sure you touch the gumline on each tooth before moving to the next.
3. Work your way around to the back tooth on the opposite side.
4. Flip your brush to the inside surfaces and work your way back to where you started.
5. Point your bristles upward and brush the biting surfaces, working back across to the opposite side.
6. Repeat steps 1–4 on your lower teeth, pointing your bristles downward on step 5.







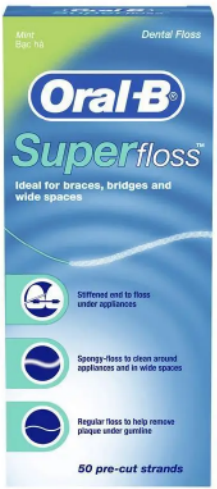


Keeping Your Teeth Healthy

FLOSSING | USE SUPERFLOSS

Flossing is essential during your braces treatment to remove plaque, food and bacteria.

1. Insert the waxed end of your Superfloss behind the wire.
2. Gently guide the floss between your teeth.
3. Slide up and down between each tooth and just under the gumline to remove any plaque or bacteria.



INTERDENTAL BRUSHES

We've provided you with interdental brushes to help clean underneath the wire and around your brackets. A quick pass after meals makes a big difference.



A good brush and floss should take 4–5 minutes - think of it as 5 minutes towards a smile that lasts a lifetime.

Your dentist is just as important as we are, so keep up with your regular check and clean visits throughout your treatment.

What to Eat and What to Skip





During your treatment, we recommend avoiding anything too hard, crunchy, sticky, or chewy, such as nuts, popcorn, pork crackling, toffees, lollies and ice.

These can damage your brackets or wires and extend your treatment duration. We also recommend limiting sugary foods and drinks to keep your teeth healthy throughout the day.

The good news? You can still enjoy all your favourite fruits and vegetables - just cut them into bite-sized pieces first.

Understanding Bite Turbos and Elastics

BITE TURBOS

Bite turbos are small resin ramps bonded onto certain teeth to help correct your bite. If they're part of your treatment, we recommend sticking to softer foods where possible to avoid any breakages. They may feel a little unfamiliar for the first day or two - but we promise, your tongue will adjust quickly!



THE POWER OF ELASTICS

If your treatment includes elastics, your orthodontist has prescribed them to improve the bite. They come in different types and strengths, so wearing them exactly as instructed is important. At each visit, your orthodontist will assess your progress and make any necessary adjustments to keep everything on track.



Treatment Tips

TENDERNESS

Some tenderness in the first few days is completely normal - it's simply your teeth responding to movement. Your usual pain relief will help, and rinsing with cold water can relax the wire and ease any tension.

KEEPING YOUR APPOINTMENTS

Every appointment plays an important role in your progress. Missed visits can add time to your treatment, so we ask that you do your best to keep each one.

WEARING YOUR ELASTICS

Elastics are essential for correcting your bite. Wearing them exactly as instructed keeps your treatment moving - skipping them can slow down your treatment.

KEEPING YOUR TEETH & BRACES CLEAN

Clean teeth move faster. Maintaining great oral hygiene throughout your treatment helps keep everything on track and on schedule.

AVOIDING BREAKAGES

A broken bracket can slow or even reverse your progress. Avoid the foods that put your braces at risk, and always wear a mouthguard when playing contact sports - your braces will thank you.


YOUR QUESTIONS, ANSWERED
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OUR COMMITMENT TO YOU

Straight teeth for life