

Hygiene and orthodontics

Dental care and protection in the presence of an appliance



Orthodontic treatment with fixed appliances does not in itself cause any damage to the enamel, especially if, as we do, the orthodontist takes care to use quality adhesives, which also release fluoride!

However, everyone has heard of "white spots" that are visible after the braces are removed in some patients!

What exactly is the situation?

Should special precautions be taken?

Here are the appropriate tips :

- 1. Normal" hygiene at home:** This is based on the use of a manual brush, either simple (small and very flexible in order to fit into all the crevices), or specially dedicated to appliances with plates (with a median groove and a pin). When used correctly, the brush should be changed every 4 to 8 weeks. Floss can be used as a supplement. In the presence of aligners, a normal waxed floss should be used. A fixed appliance requires a floss that can be inserted between the teeth (**GUM ACCESS Floss**) or preferably brushes (**INTERPROX Nano**).
- 2. Control:** In order to visualize the effectiveness of brushing, it is useful to control oneself by means of plaque indicator candies (**PLAC CONTROL**). This consists of sucking one of these candies after a normal evening brushing, which will color any organic deposit present in the mouth (pink, red, blue ... depending on the brand). This staining disappears when you brush your teeth properly.
- 3. Quick" hygiene on the go:** it is essential to remove food deposits after EVERY meal, even away from home. A folding brush should be used, even without toothpaste, to reduce its use. Only in case of treatment with aligners, the use of specific chewing gum will be allowed when the patient cannot brush himself.
- 4. The complements :** The installation of new appliances requires an aid allowing a disinfection and an adaptation of the concerned tissues; a soft mouthwash could be useful, such as **VITIS ORTHODONTIC mouthwash** (without risk for the oral flora in the long term), just 1 single bottle except specific long-term prescription. In case of real irritation, PERIO-AID GEL should be used systematically as a local application for 3 to 5 minutes, or even VERY temporarily a mouthwash such as Perio-Aid mouthwash. The GEL is VERY SUPERIOR

What if that's not enough?



- 1. Mechanized" hygiene or electric brushes:** Electric brushes have now been scientifically proven to be superior to manual brushing for all. You can choose between an oscillating model (**Braun - Oral B professionnel**), making sure to buy special **"ortho" heads**, or an ultrasonic model. (**Philips - Sonicare**), or a very soft and economical model (**ELGYDIUM Clinic HYBRID**)
- 2. Regular check-ups with the attending dentist:** During orthodontic treatment, it is even more important than usual to ensure regular check-ups with your general dentist. The fact of seeing the orthodontist can in no way replace this control, and scaling and/or care will thus be carried out by the dentist if necessary.
- 3. An oral water** can be used after the evening brushing, to be chosen from **the ELMEX range:** **Junior, Enamel Protection, Caries Protection**, Sensitive Teeth Protection.
- 4. In case of recurrent cold sensitivity of several teeth,** switch to a desensitizing toothpaste, such as **SENSODYNE RAPID RELIEF** initially, then the **REPAIR & PROTECT** version, to be used at least twice a day.

Your orthodontic team will make a point of talking to you constructively about any concerns you may have about your hygiene, so that together we can develop the best possible response for your teeth.