BIDH
DENTAL HOSPITAL

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Orthodontic Treatment Instructions

Bangkok International Dental Hospital (BIDH)

Thailand's Specialized Dental Hospital

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Orthodontic Treatment Instructions

- Avoid chewing hard food, such as nuts, ice, sticky food and hard candy (toffee, caramel, gum) as they could damage orthodontic instruments and delay the treatment time.
- Fruits and vegetables should be cut into small bite. Soft food is recommended during orthodontic treatment.
- Some discomfort and small cuts may be experienced during the beginning of the treatment. The discomfort should lessen in the second week. Dental wax provided by your orthodontist can be used to prevent cuts in sharp areas. Drinking a lot of water can also help to heal the wound.
- If the orthodontic wire cuts or pierces lips or cheeks, use small cotton tip to apply dental wax over the sharp wire and contact your orthodontist for adjustments as soon as possible.
- Soft brushing after every meal and flossing everyday is highly recommended to prevent staining and cavities while having orthodontic treatment.
- During orthodontic treatment, regular check ups and teeth cleaning is recommended every 6 months or as instructed.

Brushing Teeth during Orthodontic Treatment

- Fixed orthodontic devices tend to easily trap food particles and bacteria which can cause cavities and periodontitis. Therefore, brushing teeth thoroughly in the morning, after every meal and before bed time is recommended to maintain good oral hygiene during orthodontic treatment.
- Use soft brush on braces, move the brush in small circle about 10 times. Repeat this motion on top and bottom of the braces in all areas.
- Place soft brush at the neck of teeth making 45 degrees angle between gum and the neck of teeth. Move the brush in small circle, then swipe the brush towards the edge of teeth. Repeat the same brushing motion in all areas.
- Place soft brush at the neck of teeth at lingual side; position the tip of bristle between gum and the neck of teeth. Move the brush in small circle, then swipe the brush towards the edge of teeth.
- Brushing alone may not thoroughly clean in between teeth. Using an inter-proximal brush and flossing regularly helps keep areas in between teeth clean and prevents cavities.

> If you have any other questions or require future informations, please do not hesitate to contact BIDH.