

Caring for
your braces



Help your braces work their magic

Isn't it fantastic that it's possible to correct how the teeth fit together by moving them? Wearing braces isn't easy, but the time and care you're investing will be worth it. With this leaflet we want to help you to take care of your teeth and gums while wearing braces, for a straight-up successful result!



Bacteria easily stick to your braces

Bacteria constantly builds up along the gum line, between the teeth and on braces. The sticky build-up of bacteria is called plaque. It needs to be removed thoroughly twice daily, otherwise, it can harm your teeth and gums. Two things are very common in patients with braces: gum inflammation and early stage tooth decay.

Gum inflammation (gingivitis)

Gingivitis is caused by substances from bacteria that irritate the gum. Red and swollen gums is a giveaway, and your gums may bleed when you brush. Gingivitis usually occurs where bacteria can easily gather, such as along the gumline and between teeth. The good news is gingivitis is reversible – if all plaque is thoroughly removed, most cases heal in a couple of weeks.

Tooth decay (caries/cavities)

Tooth decay is caused by repeated acid attacks on the teeth. Bacteria use sugars in your food for energy, and produce acids that cause damage to the enamel (the outer protective surface of the tooth). Plaque is one of several factors for developing caries. Eating habits and your use of teeth-protecting fluoride are very important. Initial caries, the first stage of tooth decay, is common during treatment with braces. When the braces come off, it appears as white spots on the teeth that are almost impossible to get rid of.

Caries, cavities, or tooth decay?

It's all the same problem:

Bacteria use sugars to produce acids that attack and dissolve the hard tissues that protect your teeth, creating a cavity.

Tips and advice

Brace-friendly eating and drinking

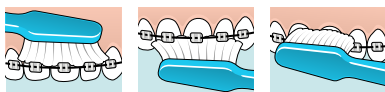
It may be uncomfortable to eat hard foods during the first days after your braces are fitted or tightened. You'll find soft foods much more manageable, but bear in mind that soft, sticky foods are more difficult to remove, prolonging the acid attacks that damage your teeth. Saliva rinses and neutralises acids but needs time to work. If you don't give your mouth a break between meals, cavities will form.

- Try to limit food and drink intakes to five a day, and avoid snacking between meals.
- Drink water between meals and when you are thirsty.
- Try to stay away from unnecessary sugar.

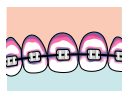


Brush like a boss

We recommend brushing your teeth and braces at least twice a day – but even better if you also brush after lunch. A TePe brush head cap will protect your toothbrush when you bring it along.



Brush above, below and on top of the braces.



Use TePe PlaqSearch™, a plaque-staining chewable tablet, every once in a while to confirm you've been brushing properly.

If you have clear aligners, use a smaller brush to clean them (compact size). Do not brush your teeth every time you rinse your aligners. Keep to 2-3 times a day to avoid unnecessary wear on your teeth.



Use about a pea sized amount of fluoride toothpaste each time.



Brush your teeth morning and evening for at least two minutes. If you have fixed braces, brushing also after lunch will help you keep your gums healthy and give an extra boost of fluoride to strengthen your teeth.



Hold the brush at a 45-degree angle to the gumline. Using light pressure and short strokes, brush the inside of teeth first, then the outside. Finish with the biting surfaces.



Avoid eating or drinking for two hours to get the most benefit from the fluoride.



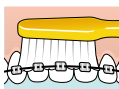
Change your toothbrush regularly – at least every three months.

Happy teeth and braces kit

Toothbrushes

Daily cleaning with a regular brush is the cornerstone of good oral health, with or without braces.

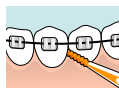
TePe Supreme™ Compact (1) is a toothbrush with bristles in two levels for improved access around brackets and under the wire.



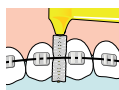
Cleaning between teeth/under the wire

Your teeth are on the move during treatment, which means the spaces between them will vary.

TePe EasyPick™ (2) is conical and fits in spaces of different sizes.



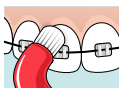
TePe® Interdental Brush/TePe Angle™ (3) is an easy and effective option for cleaning between teeth and under the wire.



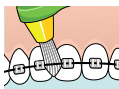
Specialty brushes

Even if you use a standard toothbrush, for really clean teeth you'll also need the help of a specialty brush.

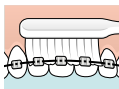
TePe Compact Tuft™ (4) dome-shaped brush head with dense rounded tuft for precision cleaning around brackets and retainers.



TePe Interspace™ (5) replaceable brush tip with flexible bristles that easily gets under the wire.



TePe® Implant Orthodontic (6) slim brush head for cleaning above and below the wire.



TePe Universal Care™ (7) the angled neck helps you clean inside inside braces or retainers.





Extra protection

TePe® Gingival Gel contains chlorhexidine, which fights plaque, and fluoride that strengthens the tooth enamel and helps prevent tooth decay. For more bacteria-beating advice on the use of Gingival Gel – ask your dental care professional.

Toothpaste

TePe Daily™ toothpaste, 1450 ppm, mild peppermint, gentle foaming.



Products for your braces



Supreme Compact ☐



Supreme ☐



Original

- ☐ 0.4 mm ☐
- ☐ 0.45 mm ☐
- ☐ 0.5 mm ☐
- ☐ 0.6 mm ☐
- ☐ 0.7 mm ☐
- ☐ 0.8 mm ☐
- ☐ 1.1 mm ☐
- ☐ 1.3 mm ☐
- ☐ 1.5 mm ☐



Extra soft

- ☐ 0.45 mm ☐
- ☐ 0.5 mm ☐
- ☐ 0.6 mm ☐
- ☐ 0.7 mm ☐
- ☐ 0.8 mm ☐
- ☐ 1.1 mm ☐



Angle

- ☐ 0.4 mm ☐
- ☐ 0.45 mm ☐
- ☐ 0.5 mm ☐
- ☐ 0.6 mm ☐
- ☐ 0.7 mm ☐
- ☐ 0.8 mm ☐



EasyPick ☐ XS/S ☐ M/L ☐ XL ☐



Compact Tuft ☐



Implant Orthodontic ☐



Interspace ☐



Universal Care ☐



PlaqSearch ☐

Gingival Gel ☐



TePe Daily ☐



Go to www.tepe.com to learn more about braces and oral health

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