



DR CATHERINE PORTER  
BDS, MDS (Otago)

ORTHODONTIST



## Braces Homecare Instructions

The braces are going to feel strange at first. Try not to pick at the wires or elastics as damage almost always occurs.

The solid knobby feeling will slowly disappear as the teeth begin to move. Usually as the teeth begin to move some discomfort occurs ...this is normal.

Try to keep your mind occupied by doing things you like. Keep busy.

For the first 24 hrs. keep the food very soft (soup, noodles, custard, yogurt etc.)

If the teeth are uncomfortable then use Panadol or Nurofen 4 hourly as required (NB asthmatics should not use Nurofen).

After the first 24 hours if the teeth are still tender keep the food soft (eg mashed potatoes, minced fish etc).

Keep your lips moist with lip gloss or chapstick to keep them from cracking.

Please contact us if you are having any problems.



### FOOD GUIDELINES

Eliminate sticky foods

- Bubblegum
- Caramels
- Lollipops

Avoid hard/crunchy foods

- Raw Carrot and apple
- Nuts
- Sweets

Minimize sugar intake

- Sweets
- Sugar-based drinks  
eg: Fizzy drinks & orange juice
- Cakes



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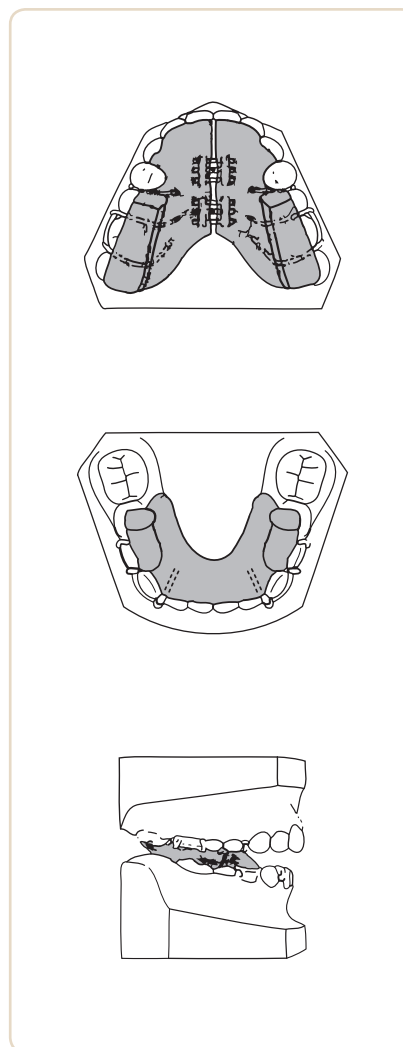
## Twin Block Appliance

The twin block appliance is a removable functional appliance which consists of two plates with bite blocks (for the upper and lower teeth). This appliance, when worn, postures the lower jaw forward and opens the bite between the upper and lower jaws.

For maximum effect, the twin block appliance is worn full time during the pubertal growth period. It is generally well-tolerated and has little effect on speech. The appliance may be removed for eating and sport.

During treatment, trimming of the lower bite block allows for the eruption of the lower back teeth (and therefore bite-opening), as well as a forward movement of these teeth. The twin block appliance also has a "Headgear" effect on the teeth in the upper jaw. Expansion screws are sometimes placed in the top plate. A headgear attachment may also be included.

A short period of fixed braces is generally required after twin block therapy to fully align the teeth.



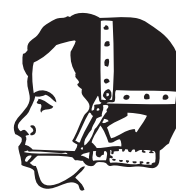
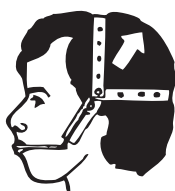


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## Headgear



Headgear Therapy is used for one type of early correction. It consists of placing bands (metal rings) around the upper six-year molars to act as anchors into which the headgear fits!

This appliance is used in cases where the upper teeth or jaw are too far forward. The headgear slows the upper jaw in its forward growth and allows the lower jaw to catch up simply by developing at its natural rate during the period of early facial growth.

When headgear is required it must be worn for at least thirteen hours of the twenty-four hours. This is a very important part of the treatment - and your future smile depends on your efforts with this appliance.

### INSTRUCTIONS

- Never wear the headgear during playful activity.
- Never let other people / children grab at the facebow.
- Before removing the facebow you must first remove the neckstrap
- If the neckstrap / facebow comes off at night or there are any other problems stop wearing the appliance, and return to see your orthodontist as soon as possible.
- In the rare and unlikely event that you suspect the neckstrap / facebow may have caused injury to the eye, then the eye should be examined without delay by your family doctor.



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## Elastics

To achieve our goal of correct alignment and bite, elastics must be worn continuously for them to work. They should be worn all day, and all night. Most people even learn to eat with their elastics in place.

You will be shown where the elastics are to be worn, and it is essential that they are worn exactly on the teeth indicated. Each morning put on new fresh elastics and replace them immediately during the day if they come off or break.

Always make sure that you have plenty of elastics with you, and if you are running short, please contact the office and we will post more out to you.

When attending your regular appointments, please leave your elastics in place.

### **DID YOU KNOW...**

Elastics exert the right amount of pressure to move teeth in directions that braces alone can't.

A lack of consistency in wearing rubber bands can bring treatment to a halt.

Elastics are supplied in a variety of sizes and colours that can be used to match the chosen colour combinations currently worn on your braces.



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## Cleaning Removable Appliances

Polident For Partials Or  
Fast Acting Polident Tablets

### **METHOD OF USE**

Place the orthodontic appliance in a glass with enough warm water (not hot) to cover the appliance.

Place 1 tablet into water. Soak in effervescing solution for 15 minutes

Rinse appliance with running water.



### **DID YOU KNOW...**

Every day what you eat and drink can darken your dentures. Brushing dentures with a toothbrush and toothpaste will remove plaque and food particles stuck to it. However, soaking dentures in a cleaning solution kills the germs that can cause denture odor and provides effective removal of odor-causing food particles and plaque in cracks and crevices that may not be accessible with a toothbrush. Therefore, brushing and soaking dentures every day is more effective than brushing alone.\*

\*(For more information on Polident, visit [www.polident.com](http://www.polident.com))

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