



6 Month Smiles Aftercare Advice

Caring for your Six Month Smiles Fixed Appliance

The DO's for your 6MS fixed appliances:

- ◆ Ensure you avoid hard to sticky food whilst wearing your appliance, as hard or sticky foods can cause the appliance to break.
- ◆ Ensure you avoid acidic or sugary foods and drinks in-between meal times. This is important because such food and drinks will cause acid erosion of your enamel. Areas covered by brackets will be protected from erosion, so the result would be visible patches of decalcification on the teeth.
- ◆ Brush your teeth after each time you eat, especially in and around the appliance where food easily gathers. You will benefit from using an inter-space brush to do this effectively.
- ◆ Attend the clinic for regular hygiene appointments to assist you in maintaining excellent cleaning of your teeth.
- ◆ Attend the clinic regularly for review on you progress, and for adjustments.

RETAINERS:

Use of a retainer for the last 6 months following treatment completion is essential to maintain your result. Constant wearing of the retainer is advisable for at least the first 3 months, after which you may graduate to night time only use.

REMEMBER:

Regular dental check-ups are essential to ensure optimum success. Any deterioration can be halted and resolved, and potential problems can be prevented entirely!