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Do's and Don'ts with Fixed Orthodontics

- Remember to brush AND floss your teeth 2-3 times per day. Look in the mirror when brushing & flossing.
- Floss at least twice per day- SUPER FLOSS works very well with braces. Flossing is very important to prevent gums from swelling!!!
- **DO NOT EAT ANY sticky or hard** food/sweets (including chicken legs, steak, bones of meat, lollipops, toffees, whole apples/carrots, liquorice, biltong), if brackets break off or get lots additional fees will be charged.
- If you are doing any contact sports (rugby, hockey, netball, karate, etc.) it is essential to get an orthodontic mouth guard.
- Double normal doses (3000mg+) of Vitamin C can be taken if braces are causing toothache. Stronger anti-inflammatories can also be given via prescription. Please don't use Asprin, Disprin or Grandpa's.
- If any orthodontic bracket comes off, please schedule an appointment ASAP to re-attach the bracket. DON'T wait until your next appointment.
- **NB- Bring any brackets that broke off, with you to the appointment-additional cost will be charged if a new bracket has to be used. This cost will not be covered by your medical aid and is a payable on the day of the repair**
- Please be careful with your brackets, treatment time is unnecessarily extended if repairs have to be done.



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