

# Braces & Mistakes in oral hygiene when braces

The oral hygiene when braces are very different than without braces, so many people make mistakes that make the treatment process arise.

Braces are a method of restorations that are currently used by many people. However, oral hygiene when braces are very different than without braces, so many people have made the mistake of making the treatment process arise many problems. Let's find out and research how to fix those mistakes in this article.

## What are braces? Why must braces?

Braces are a dental term used to refer to the method of moving teeth using specialized dental tools, giving you beautiful and balanced teeth. Braces can take anywhere from 1 to 3 years, or longer, depending on the severity of the tooth's distortions and orthodontic plans. If this is something that you're considering, don't hesitate to get beautiful smiles with the orthodontist Greenbelt.



Braces are considered to be the most effective non-surgical prosthesis method today, with many advantages such as:

1. **Bringing high aesthetics:** Regular and beautiful teeth will make you more confident when smiling, giving a more positive feeling in life.
2. **Eating chewing is more convenient:** Teeth are skewed, not neat, joints do not match well, making chewing not convenient. This condition will gradually make the bite bite, the jaw is not flexible, causing headaches, sore muscles. Braces will help you to completely overcome this situation, the teeth are straight, correct position, good bite make chewing and pronunciation more convenient.

3. **Reduce pressure on the jaw:**In the case of the upper jaw or lower jaw, too many patches will damage the teeth.When the occlusal bite is too deep, the patient may bite into the inner tooth tissue and damage the jawbone.

Braces are a method of orthodontic bring a lot of benefits, however, dental care in this period is not easy.Many people make mistakes when taking care of their teeth while braces lead to unfortunate consequences.Here are some mistakes that people with braces often make.

## **Mistakes in oral hygiene when braces**

One of the most common mistakes that new braces often make is thinking of using a bristle brush, using strong force when cleaning braces to be clean.However, in fact, the use of a hard brush quite negatively affects braces of braces devices, prone to splitting or breaking braces.When you use too much force to brush your teeth, the bristles will bend, making it harder to remove leftovers, even causing gum problems, if not treated promptly. resulting in tooth abscess.



The second myth is that using an electric brush will be faster and cleaner, which is also true but not enough.The electric toothbrush will only effectively clean the inner tooth area, but the outer area due to entanglement will not maximize its effectiveness.Even if the force is used too strong, it will cause the braces to shift, causing dislocation.

In the end, it is many times to brush your teeth.The fact that too much oral hygiene during the day will weaken the enamel.Doctors always recommend that we only brush our teeth 2-3 times / day, used in combination with mouthwash, dental floss to clean braces and between teeth after eating.

## **The consequence of improper hygiene when braces**



Braces are an arduous process; improper braces cleaning can lead to a number of consequences, such as:

1. **Bung braces, braces:** This is a common consequence of improper oral hygiene during braces. Unprotected, dislodged teeth will make you have to take time to go to the dentist to adjust, if happened many times can seriously affect the results of braces.
2. **Increased risk of stroke:** Dental health studies have shown that improper dental care during braces will make the gums more susceptible to inflammation, leading to a greater risk of cardiovascular disease. The reason is that when the gums and gums are damaged, bacteria will enter the blood and cause clots, which is a part of the risk of stroke.
3. **Increased risk of diabetes:** Gum disease and diabetes are closely related because people with diabetes often have weaker gums and more infections. Improper hygiene of braces can cause gingivitis, which reduces the body's ability to regulate blood sugar levels, leading to a higher risk of diabetes.
4. **The risk of dementia:** If you do not know how to clean your teeth when braces, the most serious consequences that can occur are tooth loss, but tooth loss is closely related to the risk of dementia and the stage. head of Alzheimer's disease. The main cause is inflammation in the gums that produces inflammatory substances that can affect brain swelling, kill brain cells and make memory worse.

So how to care and oral hygiene when braces are right?

## Instructions for proper care for braces

For new braces, it is extremely important to have proper oral hygiene knowledge to minimize the risk of dangerous diseases.

1. **Use a special toothbrush to brush your teeth:** Using a special toothbrush will work best because they can help remove large amounts of food debris from the teeth and gums. If you don't use a professional brush, use a soft brush with moderate pressure and a fluoride toothpaste. Place the brush over the gum with a moderate tilt and gently brush along the surface of the tooth. Brush thoroughly each tooth surface of all teeth, including the upper, lower, between braces.
2. **Brush your teeth at least 2 times a day:** Brush your teeth thoroughly after every meal and should brush your teeth 2 to 3 times a day. You should change your toothbrush regularly every 3 months and especially not brushing too hard because it can hurt teeth and braces system.

3. **Use a combination of interdental brush, floss, and toothpick machine:** Brushing your teeth does not help you thoroughly clean food particles, plaque in the teeth or on braces. Therefore, dentists instructing dental hygiene when braces often recommend patients to use additional products such as toothpick or floss, interdental brush for more thorough cleaning. In particular, the type of toothpick machines for braces use water jet to clean gently, without causing damage, bleeding gums.



4. **Use mouthwash:** Cleaning the teeth alone is not enough, you need to clean the mouth cavity. Cleaning the oral cavity during the period of braces will help you have good oral health, limit dental attack by bacteria as well as improve the risk of the occurrence of dental diseases that cause injury. for dental health and affects the process of braces. So, after brushing your teeth, you should rinse your mouth again with the type of dilute saline solution, specialized mouthwash. However, do not overuse mouthwash too many times a day because doing so accidentally will cause the good bacteria in the oral cavity also destroyed.

In addition to proper oral hygiene when braces, you should also pay attention to change a few habits of life to better braces efficiency such as:

1. Adjust your diet: Eat more soft foods, avoid eating foods that are too hard or too tough, sticky. When eating, you should cut into small pieces for easy chewing and digestion, avoiding food crumbs stuck on braces.
2. Eat slowly, chew carefully to avoid biting particles, bones and reduce the force on the bones, teeth and ligaments because when braces, these parts are moved from their original position, so they will be much weaker.
3. Avoid drinking soft drinks, stimulants, sour fruit juices, sweets . because most of these types of water are high in acids and sugars. These substances can erode teeth and dental equipment, leaving white spots on the teeth. Drinking too much soda can cause tooth decay.

Braces are an arduous journey and require an investment, even a small mistake will cost you a lot of money and effort to fix. So, know how to care, hygiene braces properly from the beginning! I wish you always healthy and confident with strong teeth.

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