

Shine Bright

Oral Health for Minority Ethnic (ME) Communities

Orthodontics and Oral care



NEWSLETTER
27TH NOVEMBER 2020

Hello Members,

Hope everyone is well and safe. The last newsletter discussed how we are in a 5 tier system and Glasgow had been placed in Tier 3. However, on the 17th November, First Minister had announced that 11 local authority areas across central and western Scotland, including Glasgow, will enter the highest tier 4 restrictions, which are proposed for 3 weeks and will end on December 11.

Therefore, currently, we are placed in Tier 4. This means that non-essential businesses, pubs, restaurants and gyms will shut their doors for a second time this year. Schools will remain open as normal.

The Scottish Government have said that under current Scottish regulations, given the state of the epidemic, unless you have a reasonable excuse you must not travel between Scotland and: England, Northern Ireland, Republic of Ireland or Wales. While the Scottish restrictions are still in place, people should not travel to Scotland unless it is essential.

The advice to all remains the same – avoid unnecessary travel, wear masks when in public and use hand sanitizer before entering and upon exiting public places.

With dentists offering minimum treatment options we must look after our oral hygiene and get into good practice.

This week we will discuss the importance of orthodontics and maintaining oral hygiene.

What is orthodontic treatment?

Many people have crowded or crooked teeth. Orthodontic treatment will straighten the teeth or move them into a better position. This can improve their appearance and the way the teeth bite together, while also making them easier to clean. Orthodontic treatment is for both children and adults alike. Orthodontic treatment can be done by many sorts of appliances, which most people call a 'brace'.

There are different types of Braces – Removable brace, fixed brace and invisible brace.

Removal Brace



Simple treatment may be carried out with a removable brace (a plate that can be taken out to be cleaned). It has delicate wires and springs attached, which move the teeth using gentle pressure.

Fixed Brace



Often, teeth need to be guided more accurately so a fixed brace is used. This has brackets and bands which are temporarily stuck to the teeth. A flexible wire joins all the brackets and allows the teeth to be moved. Fixed braces can be made of metal, plastic and ceramic. You can't take the appliance during treatment.

Invisible Braces



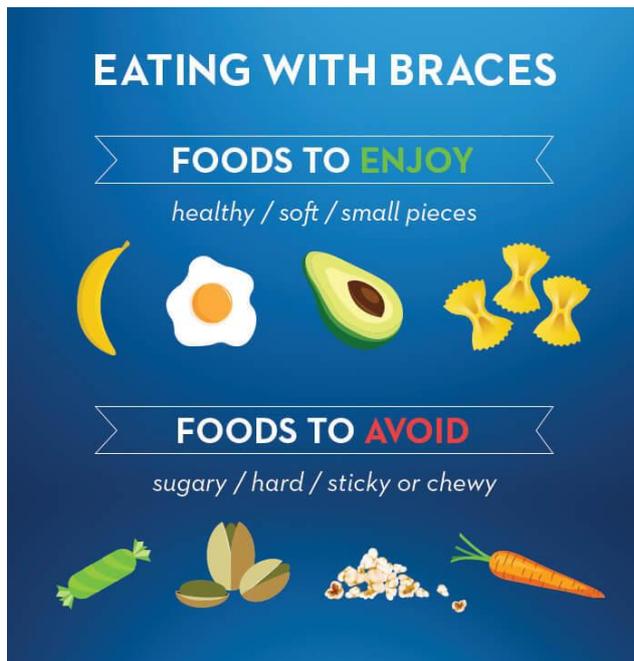
Clear or near-invisible braces are tough, clear plastic aligners (moulds) or clear ceramic brackets that attach to your teeth that can, over time, straighten your smile. Since they're clear, they're nearly invisible. The aligners should be worn for 22 to 23 hours a day for the best results. They can be easily removed for eating, drinking, brushing, and for cleaning in between your teeth. You

need to have all your adult teeth before you can have this treatment.

How long will it take?

The length of treatment depends on how severe the problem is, and it may take anything from a few months to two-and-a-half years. Most people can be treated in one to two years. Even after retention, it is normal for minor tooth movements to happen throughout life and no permanent guarantee can be given. However, it is unusual for teeth to alter enough to need more treatment.

Diet is very important when you have braces. You should try and avoid hard chewy foods as they can damage the brace:



It is inadvisable to eat very hard products, such as nuts or hard or sticky sweets, such as fudges or toffee. It is also important to limit sugary foods and drinks.

Cleaning teeth with Braces

Looking after oral hygiene with braces requires a lot of focus and attention. Braces make your teeth more prone to a build-up of plaque – which could lead to pain and tooth decay.

Here are some simple steps for keeping your teeth, gums and braces in great shape:

- If your orthodontist has fitted you with elastics, remove them before brushing.
- Using a fluoride toothpaste and a small soft toothbrush, gently brush along the gum line where the gums and teeth meet, using a small circular motion on each tooth.
- Gently brush the braces. Press your toothbrush firmly enough so that the bristles spread into the gaps between the wire and the tooth. Brush in and around all of the brackets and wires.

Your risk of tooth decay may be higher while you are wearing braces, your orthodontist may recommend other fluoride products that give you additional protection. Your orthodontist may also recommend special cleaning aids such as interdental brushes.

Hope these tips have helped and have been useful.

Till next time, take care and stay safe!!!