

Oral Hygiene During Orthodontic Treatment

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Oral hygiene during orthodontic treatment is very important, you can already have orthodontic appliances or “parentheses” in the mouth, always the remains of food can accumulate more easily, and this can bring us different problems such as cavities, inflammation of gums or periodontal disease, can even paralyze the treatment; that is why we must be very careful in trying to maintain a clean and healthy mouth, in order to finish our orthodontic treatment against setbacks.

- Fixed appliances can cause mild discomfort and/or pain at the beginning of the treatment, which disappear when the mouth tissues accept it.
- The carrier of orthodontic appliances may have sores more frequently, but wax may be used in the traumatized area to prevent further injury.
- In case of pain, analgesics can be used orally.
- To avoid any type of discomfort or inconvenience, the patient will have to take care of the device very strictly.
- As orthodontic treatments require a prolonged duration, patients must have proof and continue until the end, taking care of the devices and complying with the established visits.
- Failure to attend scheduled appointments, lack of use of removable appliances and poor maintenance of fixed appliances delay treatment.

Some Practical Tips

Brushing the teeth should be done with a toothpaste with fluoride at least three times a day, after each meal, for about 3 minutes.

The removable appliance should be cleaned at least once a day with a nail brush with nylon bristles and soap, to avoid tartar formation, and then it should be thoroughly rinsed with water.

It should be avoided

- Eat sweets (chewing gum, chew candy and any other food that sticks or sticks to appliances).
- Introduce hard objects in the mouth that cause some type of pressure such as pencils or pens.
- Touch the devices with your fingers.
- If your device is removable do not wrap it in napkins because you can easily lose it, try to always leave it in its case.

How and when to brush

The most important thing is that, at least three times a day, brush your teeth and appliances thoroughly, until they are perfectly clean.

It is necessary to brush all surfaces: front, back, above and below the wires and, above all, at the junction of the tooth with the gum. Always keep teeth and appliances clean in the gum line or they will become inflamed and painful, making brushing difficult.

At the beginning it may seem difficult to perform an adequate cleaning when wearing an orthodontic appliance. Do not worry, with a little practice you will see that it is very simple.

If we use the manual brush, we must place it perpendicular to the surface of the tooth and perform a rotary movement (making small circles). We must tilt the brush to clean all surfaces of the tooth. The area between the bracket and the gum is very important, where a large amount of food accumulates.

If we use the electric brush, we must place it perpendicular to the surface of the tooth and let it perform the rotary movement. We must tilt the brush to clean all surfaces of the tooth. The area between the bracket and the gum is very important, where a large amount of food accumulates.

Hygiene should be complemented with the use of other instruments that would help us clean the area between the arch and the tooth where the brush does not enter. In this way the use of interproximal brushes would be very useful, cleaning between the arch and the tooth. Another device that could do the same function would be the irrigator (it releases water under pressure to clean these areas).

For interdental cleaning there are some devices that work like dental floss but have a hard part that allows threading and make the thread pass where we want.

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