

Fixed Braces



1. **Clean your teeth!** Brush your teeth with the recommended toothbrush, at least 3 times per day. Use fluoride rinse daily as directed as well as Interdental brushes at least once a day. If your teeth are not kept very clean, damage may occur. See a hygienist every 3-4 months and monitor your cleaning at home once a week with the disclosing tablets (e.g. Plaq-search tablets).
2. **Wear your elastics as prescribed!** If you don't your smile will be compromised.
3. **Avoid eating hard food!** Crusty bread, apples and other hard foods should be cut up into smaller pieces. Sticky foods such as chewing gum, toffee and Mars bars must be avoided as they will get caught in the brace and may cause damage. Remember the more breakages that occur, the longer your treatment will take.
4. **Avoid sugary foods and sugary drinks to reduce the risk of permanent marks on your teeth due to decay.** Remember fruit juices and fruit smoothies are also loaded with sugar so avoid as much as possible.
5. **Contact us** without delay if your brace hurts, becomes loose or if any part is broken. We will be happy to provide advice, and if required, book an appointment for you to have your brace fixed. Please note we cannot guarantee repair appointments at peak times of the day.
6. **Wear a mouth guard** for all contact sports.
7. **General Dental Care** - Continue to visit your own dentist regularly for routine check-ups and treatment.
8. **Your bite may feel different** – sometimes we may have to lift your bite to allow your teeth to straighten without your bite interfering. This can also protect your lower teeth / brace. This may initially feel uncomfortable until you get used to your new bite. If you feel you are starting to bite down on your lower brackets please contact us so that we can arrange to see you to adjust your bite as needed to reduce the risk of damage to your enamel or brace.
9. **Wax** may be needed initially as you might feel that the brackets rub on the inside of your cheeks and lips. Dry the bracket causing the discomfort and stick wax to it – it will help act as a barrier to protect your soft tissues. You may wish to use warm salt water rinses or "Iglu gel" (available at pharmacies) for any ulcers you develop.

You may experience some discomfort following initial fitting of the brace or placement of new wires. This may be eased with special wax as directed and/or a mild anti-inflammatory, such as ibuprofen or paracetamol as appropriate.

BREAKAGES PROLONG TREATMENT

We are here to help, should you have any questions please contact us or look at our website.