



Instructions for the care of fixed braces

Pain and Discomfort

The brace may seem painful on the teeth for the first 4-5 days after it is fitted or adjusted painkillers taken for headaches may help to reduce the symptoms (e.g. paracetamol or ibuprofen)

After 4-5 days the teeth will move less and the pain should subside.

The brace may irritate your lip or cheeks during the first few weeks after it is fitted, we will supply orthodontic wax to help to relieve this.

Care of your teeth and gums

Brushing your teeth for two minutes, then using a small single tufted brush around each bracket is essential and must be done at least twice a day to avoid plaque build-up.

Diet is important, sugary snacks and fizzy drinks must be limited to meal times only.

Fluoride mouthwash should be used daily in the afternoon/afterschool to help strengthen the enamel. Failure to brush the teeth well and maintain a low sugar diet will increase the risk of damage to teeth and gum. In the event of failing to follow this advice the treatment will be abandoned to reduce the risk of permanent damage to your teeth.

Care of your brace

The fixed brace is only lightly glued to the teeth, so that it can be removed at the end of treatment without damaging your teeth. You must treat the brace with care for example, avoid chewing gum, biting into apples, eating crusty bread or chewing your pen. If part of the brace feels loose please contact the practice as soon as possible to have it replaced to avoid tooth movement and a delay in treatment.

Repeated breakages and failure to look after the brace will result in treatment being abandoned.

Queries

Once your appliance is fitted please do not hesitate to contact the receptionists if you have any questions or queries.