

## Brace Fitting Aftercare

- In the first 4-5 days, your teeth will feel tender as the teeth move
- Soft food is essential during this time
- Take painkillers if needed and use dental wax to help with ulcers.
- **DO NOT BITE INTO ANYTHING DURING YOUR COURSE OF TREATMENT**
- Chop ALL food up, slice, dice or shred it.
- AVOID hard, sticky or chewy foods.
- Do not bite nails or chew pen lids.
- Use a gum shield when doing sports.
- Emergency appointment: please call the practice during opening hours.
- Out of hours please call 111
- Please visit our website for brace friendly recipes

## Routine Visit

- On your routine visits you will see a clinician to adjust your brace.
- You will not always see the same clinician on your visit. This ensures you have a selection of appointment times.
- You can request the same clinician and accept the appointments available.
- Your teeth can feel tender for 1-2 days after your visit.
- If you have any concerns, please tell the clinician before they start any treatment.
- If your brace is broken you will be asked how it happened to help prevent further breakages.
- Your oral hygiene will be assessed each visit.
- You must see your dentist for your routine check up.
- You may require additional treatments with your dentist e.g. fillings or if necessary be referred to the hospital.
- Most appointments are likely to be during school hours.