

Fixed Brace Instructions



Your New Braces: Once the fixed braces have been placed, you will be returning to the clinic every four to eight weeks for appliance adjustments. If you experience a problem please call us as soon as you can on 01438 765 390. We will always see you to make you comfortable but you may require a longer appointment at a separate visit to have the brace repaired if it is broken. Breakages inevitably slow down treatment and involve you coming to the surgery for more visits. To prevent breakages, there are several things you should keep in mind:

DO NOT bite into anything

- Please do not eat stick, chewy things like toffees, chewing gum, 'haribo' sweets, Mars bar etc.
- Avoid biting on hard things like boiled sweets or chewing pencils or pens. Apples and carrots should be cut up into small pieces before eating. NEVER bite straight into anything such as apples, carrots, hard boiled sweets, ice, pizza crust, crusty bread, popcorn, chocolate from the fridge, hard crisps, nuts and meat on the bone. Gummy bears, cola bottle, fruit pastels, caramel and toffee etc.
- For brace friendly recipes please visit our website, click on fixed braces and scroll to related links where you will see brace friendly recipes and then just click download.
- Avoid touching or fiddling with the brace, if you get food caught in the brace then use a toothbrush to remove it. For that reason you should carry a travel toothbrush with you at all times.
- Avoid fizzy drinks especially cola beverages and excessive amounts of fruit juices due to the sugar quantity.
- Wear a gum shield (which is designed to be worn over your fixed braces, these are available to purchase from us at reception) for high contact sports, cycling, skating or skateboarding. For detailed advice please visit our website at www.inlineortho.co.uk/sports

Comfort

It takes approximately 2-3 weeks to get used to the new sensation of the braces in your mouth. During that adjustment period you can apply a small amount of orthodontic wax to the brackets to prevent ulcers where needed. In addition, your teeth may feel tender for a few days so it may be a good idea to take some over the counter painkillers.

Brushing

The fixed braces will make it more difficult to keep your teeth clean. We recommend the following daily brushing routine:

- Use a disclosing tablet after brushing your teeth to show plaque and foods that you have missed
- When you brush your teeth (with fluoride toothpaste) DO NOT scrub - brush gently.
- Following brushing use a small interspace toothbrush to clean underneath around the brackets, underneath the wire and around the gum margin
- Use a fluoride mouth rinse every night as directed on the bottle

Elastics

At some point during the treatment we may ask you to wear elastics. These should be worn 24 hours a day except for brushing, eating and contact sports where you need to wear a mouth guard. They should be changed daily and worn when you attend your appointments so we can check that you are wearing them correctly. Always carry a bag of replacement elastics with you during the day in case an elastic breaks.

Other

We may also place some glue on the biting surface of your top teeth in order to prevent you biting off the brackets on your lower teeth. If this is done, the glue usually wears down after a few weeks. By which time your bite will have adjusted so the breakage of the lower brace is less likely.

DO NOT worry if gaps begin to appear between your front teeth during the first few months of treatment, this is quite normal and these gaps WILL be fully closed later on.

DON'T FORGET!

- To see your dentist for regular check-ups and please let us know if you change dentist!
- Keep us informed of any changes to your medical history or of any change of address!
- Retain all practice leaflets given to you and ask us if you are unsure of anything at all!
- These instructions and useful information can be viewed by visiting our website www.inlineortho.co.uk

Brace Fitting Aftercare

- In the first 4 - 5 days your teeth will feel tender as the teeth move
- Soft foods are essential during this time
- Take some painkillers if needed and use orthodontic wax to help with ulcers.
- DO NOT BITE INTO ANYTHING DURING YOUR COURSE OF TREATMENT
- Chop ALL food, 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 any high contact sports
- For an emergency appointment- Please contact 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 appointment times that are 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 at each visit
- You must see your dentist for your routine check ups.
- 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 within school hours

Important Advice Regarding Food

Some foods cannot be chopped small enough to eat. It is best to avoid them. Apples, raw vegetables, meat on the bone e.g. ribs or chicken wings, nuts, crisps, chocolate with nuts, biscuits, caramels, toffee, nougat, chewy sweets, mints, hard boiled sweets, gummy bears, chewing gum, cola bottles, fruit pastels and anything similar to these sweets.

DO NOT eat crusty bread, baguettes, bagels, burgers or paninis.

Choose soft fillings for sandwiches, and tear into small pieces to eat.

Limit sugary products and cut out fizzy drinks.

REMEMBER:

- DO NOT bite into any foods
- DO NOT eat chocolate straight from the fridge
- DO NOT bite or chew pen lids
- DO NOT bite your nails
- DO wear a mouth guard when playing any high contact sports
- Breaking your brace prolongs your treatment and can have adverse effects
- Looking after your brace helps you to have the best possible result.

Dental Health

Having a great smile is the goal at the end of orthodontic treatment but this cannot be achieved by the clinician alone.

Make sure your teeth are healthy and white with a regular home brushing regime. Brush with a fluoride toothpaste at least twice a day and after eating to remove any debris.

REMEMBER TO BRUSH YOUR GUMS SO THEY ARE PINK AND HEALTHY