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FIXED APPLIANCES

Taking care of your fixed appliances is very important to avoid any damage to the teeth such as permanent marks or stains.

CLEANING

- It is important to clean the teeth correctly after every meal making sure to clean around the brackets, wires and gums.
- Always clean at least 3 times a day including after every meal and before you go to bed.
- Concentrate on the area between your gums, the brackets and underneath the archwire. Clean every tooth one at a time. Each cleaning session should take a minimum of 3-5 minutes.
- Use a fluoride toothpaste and mouthwash whilst fixed braces are in your mouth.
- Use a small interdental toothbrush to clean any remaining plaque off your teeth.
- Disclosing tablets can be used to indicate areas where food/plaque is gathering. The areas of plaque will turn red and show you the areas that were missed and not brushed properly. Brush the teeth afterwards until the red stains are removed.

EATING

- Avoid chewy foods such as chewing gum, toffees and chewy or hard sweets or chocolate (e.g, Snickers/ Twix/ Chewits/Lolipops).
- Cut up hard foods such as apples and crusty bread which could cause brackets to loosen.
- Avoid biting directly into foods like meat on the bone or corn on the cob
- Avoid sweet drinks, fizzy drinks including, sugary foods like chocolate and sweets which may damage your teeth.
- The types foods listed above may break the brackets or bend the wires which may slow down your treatment.

PROBLEMS

- The fixed brace will cause you some tenderness and discomfort for 4-5 days as pressure is placed on the teeth, this is normal.
- Mild painkillers such as Paracetamol or Ibuprofen will help.
- If the brackets rub your lips and cheeks you may need to use brace relief (wax).
- Your teeth may feel wobbly, do not worry, this is quite normal.

BREAKAGES

- Avoid habits like nails biting, chewing pens or pencils in order to prevent damage to the brace.
- If you have repeated breakages of your appliance, the treatment will take much longer. This may result in your braces being removed earlier.
- If a bracket breaks, please try and remove the small elastic band that is holding it onto the wire then remove the bracket. If the wire should break and dig into you, it may be necessary to cut the wire with a wire cutter.
- Please ring the surgery if breakages do occur for advice and make an earlier appointment.
- Always keep any bits that come off and bring them with you to your appointment.

You will still need to attend routine check-up appointments with your dentist during your orthodontic treatment to check the teeth for decay and if necessary, have fillings/ scaling etc.