

Instructions For A Fixed Appliance

1. During the first few days your teeth will feel uncomfortable and tender. This will wear off as you get used to the brace but your teeth will feel uncomfortable every time you have the brace adjusted. Take a painkiller to ease the discomfort, a painkiller you would normally take for a headache would be suitable.
2. Please look after your brace, the small metal squares called brackets are glued onto the teeth and will dislodge easily if you eat toffees, chewing gum, sticky foods or boiled sweets. It is important to cut up hard food such as apples and French bread. Biting your nails will also dislodge the brackets.
3. It is important to keep your teeth, gums and the brace spotlessly clean. Plaque which is left on your teeth can cause permanent white marks or even decay. Brush your teeth and every individual bracket twice a day and after meals. Don't worry; brushing your teeth does not dislodge the brackets or wires.
4. We strongly advise that you use a fluoride mouth rinse daily. This has been shown to reduce the risk of white marks on the teeth.
5. Fizzy drinks can cause decay around the brackets and must be avoided.
6. If you are unable to keep a high level of tooth brushing we will be forced to remove your orthodontic appliance **even if your treatment is not completed**.
7. If any part of the brace is broken or feels loose you must contact the clinic and arrange to come in, so we can repair any damage.
DO NOT WAIT FOR YOUR NEXT APPOINTMENT. The teeth will move away from the brace if it is broken and this will mean that your treatment will take longer.
8. Continue to see your dentist for regular check ups.