

# *Patient information leaflet*

## *Fixed Appliances*

### Will it be painful?

It is likely to be sore for about 3-5 days each time the brace is adjusted. If necessary, painkillers such as the ones you would normally take for a headache may help (please read the instructions on the packet). If the brace rubs your lips or cheeks, you can apply some wax to help with this.

### Can I remove the brace?

The brace you are now wearing is fixed to the teeth for the whole of your treatment. You should not try to remove it, as you may cause damage to your teeth and your brace will not work.

### Can I eat normally?

Yes, you should be able to eat normally. For your orthodontic treatment to work well and in the shortest possible time it is important you take care of your teeth and brace. In order to prevent damage to both, you should avoid the following:

- Toffee, boiled sweets, sugared chewing gum, chocolate bats, etc.
- Fizzy drinks including diet drinks, excessive amounts of fruit juice.
- Hard foods which might damage the brace such as crunchy apples, crusty bread rolls etc. Hard foods should be eaten with care if you cut them up first.

### What about tooth brushing?

It is important that you brush your teeth well three times per day and use fluoride toothpaste. If possible carry a brush with you after lunch, Pay particular attention to brush where the gums meet the teeth. Brushing may take a little longer when you have a *fixed brace*. A daily mouth rinse should also be used last thing at night, after tooth brushing, to further protect the teeth. Failure to keep your teeth and brace clean can lead to permanent scarring of your teeth.

Having orthodontic treatment to improve the appearance of the teeth is pointless if such scarring is allowed to occur. Further information can be given to you about other rare complication.

### How often will I need an appointment?

Once your brace has been fitted you will need frequent and regular appointments for the braces to be adjusted.

### Will I still need to see my regular dentist?

Yes. It is important you still have checkups with your regular dentist throughout orthodontic treatment so that your teeth can be checked for decay.

## How to brush:

1. Brush after every meal. If you cannot brush right away, rinse well with water.
2. Use a dry brush with a small amount of toothpaste. Place bristles where gums and teeth meet. Brush each tooth in a circular motion for 10 seconds before moving on to the next one. Continue this all the way around.
3. Brush the inside and biting surfaces of **ALL** of your teeth, spending 5 seconds on each tooth. Brush your tongue and the roof of your mouth too.
4. To clean between use the proxy-brush (below). Get the brush wet and insert it into the space between the braces. Move the brush in and out 2-5 times in each space.
5. Clean the brush under running water during each use to remove food and plaque.
6. When the brush become misshapen, the head of brush must be changed.
7. To clean the plaque from margin of gums, use the sulca-brush. Place the tip of the brush outside on the edge of the gum line. Continuously follow the wavy gum line, adding a circular motion between the teeth.
8. Take the time to brush carefully (at least 3-4 minutes each brush).
9. Use the fluoride mouthwash night times after brushing your teeth. Do not rinse afterwards.
10. Sometimes the brace could rob on the inside of your lips and cheek. If this happens take a bit of the wax and roll it into a ball and place the wax onto the bracket. The only thing to remember is to take the wax off when eating and replace with a new one once finished.
11. To improve your brushing you need to use the disclosing tablets. Take a quarter of the tablet dissolve it in your mouth for 20 seconds, the darkest pink areas is where you are not brushing properly these are the areas your need to focus on. Repeat this twice a week for the first two weeks.

## Contact us

If you are concerned about your condition following this operation or if you need advice, please contact the Reception between 9.00am - 5.00pm Monday to Friday on 0207 924 4224, so we can arrange an urgent appointment for you.