



Fixed braces instructions

Overview

Congratulations! You are now the proud owner of a fixed brace. Please remember that your fixed brace is quite delicate. The following basic instructions will ensure that your treatment progresses smoothly and help you deal with any problems as quickly as possible.

The first 5 to 7 days

As the teeth begin to move, they may feel loose and quite tender. A soft diet is recommended and pain relief may be required. The appliances may cause soreness of the lips and cheeks. To gain relief, cover the offending bracket or wire by gently pressing a small wad of wax over it, after drying the brace with tissue.

Oral hygiene

Regular and careful brushing of your brace is vital. Neglect will cause swelling of your gums, tooth decay and marking of the tooth around the bracket.

Use a good quality toothbrush with a small head, soft or medium bristles and change the brush every 2 months. Brush thoroughly at least twice a day, for about 2-3 minutes each time. Clean all the surfaces of your teeth. In particular, clean the margins between the gums and teeth thoroughly as this is where most of the plaque and food debris collects. We advise the use of an inter-dental toothbrush, last thing at night after you have brushed your teeth. Also a fluoride mouthwash strengthens the enamel, making it more resistant to decay.

Food and eating

Reduce all forms of sugar in your diet. Eating sugary foods between meal times is particularly damaging.

From now, cut all your food into small pieces. Biting directly into food with your front teeth may loosen or damage the brace.

Avoid: Chewing gum, chocolates, toffees, cakes, fizzy drinks and any kind of hard, sticky, chewy foods. 'Diet' variety drinks are safe in moderation.

Breakages and Repairs

If it all goes well, your treatment may take up to two years. Repeated breakages due to carelessness only prolong your treatment. If the brackets or bands come off, please ring and ask for a repair appointment.

Routine Dental Care

To ensure good dental health, it is important to visit your own dentist at regular intervals.

Cancellation of appointments

If for some reason you cannot attend your appointment, try and give us at least 24 hours notice. You may be charged for failure to give us sufficient notice. Currently, the charge is £20 per missed appointment.

For more information on how to keep your smile looking great, please visit our website:

www.ayrshireorthodontics.com

Ayrshire Orthodontics

98-100 Titchfield Street
Kilmarnock
Ayrshire KA1 3HU
01563 549 712
info@ayrshireorthodontics.com

Ayrshire Orthodontics

56 Princes Street
Ardrossan
Ayrshire KA22 8DF
01294 463 194
info@ayrshireorthodontics.com