



IN LINE[®]
ORTHODONTICS



TRAIN TRACKS OR FIXED BRACES 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 possible on 01438-765390. 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 eat during the first hour following placement of the brackets.
 - ✓ During the first few weeks, avoid biting down too hard or clenching your teeth.
 - ✓ Please do not eat sticky chewy things like toffees, chewing gum, “Haribo” sweets, Mars bars 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 an apple or carrot.
 - ✓ Avoid touching or fiddling with the brace. If you get food caught in the brace, use a toothbrush to remove it. For that reason you should carry a **traveling toothbrush** with you at all times.
 - ✓ Avoid fizzy drinks especially cola beverages and excessive amounts of fruit juice.
 - ✓ Wear a **gum shield** (especially designed to be worn over your fixed braces and available from our receptionist) for contact sports, cycling, skating or skateboarding. For detailed advice, please visit our website at www.inlineortho.co.uk/sports.
 - ✓ If you play a wind instrument, for detailed advice please visit our website at www.inlineortho.co.uk/music.

- **COMFORT :** It takes approximately two to three 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 where needed. In addition, the teeth may feel tender for a few days, so it may be a good idea to take an over-the-counter painkiller. Hot salt mouth-rinses may help if you experience ulcers.

● **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** every night before you brush.
- ✓ When you brush your teeth (with fluoride toothpaste), do not scrub — brush gently as you have been shown.
- ✓ Following brushing use a **gum brush** to massage the gums where they come to a point between each tooth.
- ✓ 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 including mealtimes. They should be changed daily and worn when you attend your appointments so we can check that you are wearing them correctly. Always carry the 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 back 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 that breakage of the lower brace is less likely. Do not worry if gaps begin to show between your front teeth during the first few months of treatment. This is quite normal and these gaps will be fully closed later on.

AND PLEASE REMEMBER...

- See your dentist for regular check-ups and please tell us if you change dentist!
- Keep us informed of 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 www.inlineortho.co.uk.

