
Fixed Brace 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 you can on 01438 765 390.](#) 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 bite into ANYTHING.**
 - ✓ 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 anything for example hard foods such as apples, carrots, hard boiled sweets, ice, pizza crust, crusty bread, popcorn, chocolate if its been in the fridge, hard crisps, nuts and meat on the bone. Gummy bears, cola bottles, fruit pastels, caramel and toffee ect.
 - ✓ For brace friendly recipes go to our website, click on fixed braces scroll to related links and you will see [brace friendly recipes](#) then just click on download.
 - ✓ 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 travelling 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 use 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 to prevent ulcers where needed. In addition, your teeth may feel tender for a few days, so it may be a good idea to take an over-the-counter painkiller.
 - **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 a 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 the 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

Brace Fitting Aftercare

- In the first 4-5 days, your teeth will feel tender as the teeth move
- Soft food is essential during this time
- Take painkillers if needed and use dental wax to help with ulcers.
- **DO NOT BITE INTO ANYTHING DURING YOUR COURSE OF TREATMENT**
- Chop ALL food up, slice, dice or shred it.
- **AVOID** hard, sticky or chewy foods.
- Do not bite nails or chew pen lids.
- Use a gum shield when doing sports.
- Emergency appointment: please call the practice during opening hours.
- Out of hours please call 111
- Please visit our website for brace friendly recipes

Routine Visit

- On your routine visits you will see a clinician to adjust your brace.
- You will not always see the same clinician on your visit. This ensures you have a selection of appointment times.
- You can request the same clinician and accept the appointments available.
- Your teeth can feel tender for 1-2 days after your visit.
- If you have any concerns, please tell the clinician before they start any treatment.
- If your brace is broken you will be asked how it happened to help prevent further breakages.
- Your oral hygiene will be assessed each visit.
- You must see your dentist for your routine check up.
- You may require additional treatments with your dentist e.g. fillings or if necessary be referred to the hospital.
- Most appointments are likely to be during school hours.

Important Advice Regarding Food

Some foods cannot be chopped small enough to eat. It is best to avoid them. Apples, raw vegetables, meat on the bone e.g ribs or chicken wings, nuts, crisps chocolate with nuts, biscuits, caramels, toffee, nougat, chewy sweets, mints, hard boiled sweets, gummy bears, chewing gum, cola bottles, fruit pastels & anything similar to these sweets. Do not eat crusty bread, baguettes, bagels, burgers or paninis. Choose soft fillings for sandwiches. Tear small pieces off to eat. Limit sugary products and cut out fizzy drinks.

REMEMBER:

- Do not bite into any foods.
- Do not eat chocolate straight from the fridge.
- Do not bite or chew pen lids.
- Do not bite your nails.
- Do wear a mouth guard when playing contact sports.
- Breaking your brace prolongs your treatment & can have adverse effects.
- Looking after your brace helps you to have the best possible result.

Dental Health

Having a great smile is the goal at the end of orthodontic treatment but this cannot be achieved by the clinician alone. Make sure your teeth are healthy and white with a regular home brushing regime. Brush with a flouride toothpaste at least twice a day and after eating to remove debris. Remember to brush your gums so they are pink and healthy.