

Now that you have a fixed brace you may have some questions you would like answered

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 cheeks or lips, you should purchase some wax from your orthodontist, this will help.

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 damage your teeth and the treatment 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:

1. Toffees, boiled sweets, sugared chewing gum, chocolate bars etc.
2. Fizzy drinks including diet drinks, excessive amounts of fruit juice.
3. Hard foods which might damage the brace such as crunchy apples, crusty bread rolls etc.

Hard foods can be eaten (with care) if you cut them up first.

What about Tooth Brushing?

It is important you brush your teeth well, three times a day and use fluoride toothpaste. If possible carry a brush with you for use 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 fluoride mouth rinse should also be used last thing at night, after tooth brushing, to further protect the teeth. Failure to keep your teeth and the brace clean will lead to permanent scarring of your teeth.

How long will the treatment take

It usually takes 12-24 months but will vary according to how severe your case is. Failed and cancelled appointments or repeated breakages of the brace will add to the overall treatment time. However please do ensure that your child attends their dentist every 6 months for a check-up as well as us every 6 to 8 weeks. Once the fixed brace are removed then your child will be wearing retainers.

Would I need to wear anything in addition to the fixed brace?

It may be necessary for you at some stage during the treatment, to wear headgear and/or elastics. Headgear is usually worn in the evening and at night. Elastics are worn inside the mouth at all times, including mealtimes.

If you have been fitted with a fixed brace we strongly advise that you buy a fixed appliance pack. The pack contains the following:

Orthodontic travel brush

An orthodontic toothbrush

To clean the brace, teeth and gums efficiently

Inter-space toothbrush

To be used after the orthodontic toothbrush to clean around the brackets and also in between the teeth and wires.

Disclosing tablets

These make plaque visible to see.

Wax

Use the wax if the brace is rubbing or irritating you in any way.

Fluoride Mouthwash

This is high in fluoride and alcohol free. This should be used the last thing before bedtime after tooth brushing.

Breakages of Fixed Braces

To all parents

Could you please try to ensure that your children follow the guide lines given when the fixed brace is fitted, in particular their diet. If your child breaks their appliance more than THREE times within their course of treatment we may have to REMOVE the brace. If any breakages occur could you please inform us before you attend your appointment by calling us on 02074734411 as we may need to change the length of their appointment.

Thank you

S.Habibi

Manager