

WEARING A FIXED APPLIANCE

Getting a great smile depends very much on your cooperation. Please read and follow these instructions carefully.

EATING

You are wearing a fixed brace that is glued to your teeth- if you eat anything hard, crunchy or chewy then you might damage your brace and this may mean that your treatment takes longer.

AVOID toffees, chewing gum, French sticks, hard crunchy foods etc. If you like eating apples then cut them up and eat them on your back teeth!

At the start of treatment your teeth are likely to be sore for at least a week and so you should eat a particularly soft diet. e.g. pasta and sauce, noodles, mashed potato and gravy, soup etc.

You may also be aware that your bite has changed, if you think you are biting on the braces you must bite carefully. If you bite together hard you are liable to SMASH the braces off the teeth

DISCOMFORT

As well as a soft diet you may want to take painkillers to help with the discomfort. You should take something that you would normally take if you had a headache, always follow the instructions on the packet and do not take more than the stated dose. Sometimes the braces can rub on the lips and cheeks causing ulcers, if they do then use some of the wax we have provided. Take a pea sized amount and soften it between your fingers, then roll it into a ball and squeeze it onto the part of the brace causing the ulcer. You may then want to place some bonjella or similar on the ulcer itself.

CLEANING YOUR BRACE

It is important to keep your fixed brace clean. If you allow food and plaque to build up around your teeth and brace you might end up damaging your teeth causing permanent marks or even tooth decay.

- Brush your teeth after meals
- Use fluoride mouthwash last thing at night to protect & strengthen your teeth
- Avoid sugary foods and drinks

BROKEN BRACES

A broken brace will not straighten your teeth and will prolong treatment. If this happens then contact us for a sooner appointment.