

FIXED BRACES

What you need to know about fixed braces.

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 usually take for a headache may help. If the brace rubs your lips or cheeks you will be given some wax to help this.

Can I remove the brace?

The brace is fixed to your teeth for the whole treatment.

Can I eat normally

Yes you should be able to eat normally. However it is important not to damage the brace or your teeth. You should avoid the following

- Toffees, boiled sweets, chewing gum, chocolate bars
- Fizzy drinks, including diet drinks and excessive fruit juice
- Hard foods that may damage the teeth such as crunchy apples, French bread etc

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

What about toothbrushing?

It is important to brush your teeth and brace well three times per day and use a fluoride toothpaste. Pay particular attention and brush where the gums meet the teeth. Brushing will take longer and you will be shown how to use inter-dental brushes to clean around your brackets. Also use a daily fluoride mouthwash last thing at night after brushing, this has been shown to protect the enamel of the teeth.

Failure to keep your teeth clean will lead to permanent scarring and holes in your teeth as seen below.



**IT IS YOUR
RESPONSIBILITY
TO KEEP YOUR
TEETH CLEAN AT
ALL TIMES**

How long will it take?

Normally treatment will take 12-24 months but will vary according to how difficult the case is. Failure to attend appointments or repeated breakages will lengthen treatment time.



Fixed braces with elastics

Will I need to wear anything else with my fixed brace?

You may need to wear Headgear and /or elastics. Headgear is worn at night, elastics all the time.

How often will I need appointments?

You will be seen every 6-8 weeks to have your brace tightened.

What do I do if my brace breaks?

Check your brace daily and ring up as soon as possible for an appointment. If you repeatedly break the brace treatment may be stopped.

Will I need another brace once treatment is finished?

Yes you will need a retainer to hold the teeth in their final positions.

If you are unable to keep an appointment please contact us as early as possible beforehand.
YOU MAY BE CHARGED FOR MISSED APPOINTMENTS