

Congratulations on having your brace fitted. It is really important that you keep the braces and your teeth really clean.

**TIMER** - Brush your top teeth for 3 minutes and your bottom teeth for 3 minutes; make sure you clean the inside of the teeth and the biting surfaces too. The timer is for 3 minutes

**ORTHODONTIC TOOTHBRUSH** - Using small circular motions clean your gums first always brushing down from the top gums and up from the bottom gums, brush all surfaces of the teeth including the back and the biting surfaces it should be used every morning and nighttime.

**INTERDENTAL BRUSHES** - This designed to clean under the wire and in between any gaps that you may have between your teeth, always work away from to prevent pushing food or plaque into the gum level, it should be used after every meal or snack

**TRAVEL TOOTHBRUSH AND SMALL TOOTHPASTES** - This is to be carried with you at all times so when you have something to eat at break time or lunchtime you can clean your teeth afterwards, it comes with a lid to keep it clean.

**DISCLOSING TABLETS** - These are designed to show you where you are missing when you brush, clean your teeth as normal at night, chew one of the tablets and run your tongue around your teeth and brackets and spit out any excess in to the sink, anywhere that is pink means there's is plaque present it won't go until you brush it off, the darker the colour the longer the plaque has been there, leave it a week before you use these just to give the glue time to settle.

**FLUORIDE MOUTHWASH** - Ideally to be used once a day at night, clean your teeth as normal. Place the mouthwash in the lid and swirl around your teeth and spit in to the sink, do not rinse it off, it's designed to give your teeth more fluoride when the braces are on.

**WAX** - If the brace starts rubbing use the wax to act as a barrier, take a pea size amount of wax and roll it between your fingers until it becomes sticky and place over the brace where it is rubbing, dry the brace first to make sure the wax sticks, remove it before eating but don't worry if you forget and swallow it, it won't harm you, we do advise not to put it on at night time.

**DIETARY ADVICE** - Avoid foods that are hard, sticky and chewy like chewing gum, toffees, mars bars nuts, pizza crusts and French sticks anything that is too hard will break the brace and prolong your treatment, apples and raw carrots need to be cut in too pieces, avoid sugary fizzy drinks as well as they can damage the teeth. If the brace is broken or loose contact the practice as soon as possible to arrange an emergency appointment on 01709 382047.

**DISCOMFORT** - Your teeth can be sore and tender for the first week, but it will disappear, start off on soft foods like pasta, mash potato etc as chewing can be uncomfortable, if you need pain relief just take anything you would for a headache.

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