

FIXED APPLIANCE INSTRUCTIONS

Congratulations on having your brace fitted!

The appliances you are wearing are glued to your teeth and are made up of several small and delicate parts. The success of your orthodontic treatment depends very much on your looking after it carefully and your full co-operation with your Orthodontist.

- 1) Your teeth may be tender for the first few days. This should wear off and you should quickly become used to the appliance. We recommend you take appropriate pain control such as paracetamol.
- 2) Meals can be eaten as normal but avoid all sticky foods, especially toffee and chewing gum. Also avoid biting into hard foods, such as apples and carrots, as this may damage your teeth and appliance.
- 3) It is essential that you keep your appliance and your teeth scrupulously clean or you will suffer permanent white marking and decay. Don't worry we will show you how to do this.

We recommend

- a. Small soft head toothbrush to be used 2-3 times a day
 - b. Interproximal brushes for cleaning between braces after any foods
 - c. Fluoridated mouthwash to be used before bed
 - d. Disclosing tablets once a week to monitor plaque levels in the mouth
- 4) Any mouth ulcers or sharp parts that irritate the lips and cheeks can usually be resolved by using the silicone wax available from the practice. Dry the metal around the brace and then mould the wax around it. If the problem persists, please contact the practice.
 - 5) Always attend your appointment 10 minutes early to allow time to clean your teeth.
 - 6) Do not hesitate to contact the practice under the following circumstances:
 - a. If your mouth or teeth become excessively sore
 - b. If your appliance becomes loose or breaks – remember if it is broken it is not working and you may prolong your treatment.
 - 7) If you are unable to attend an appointment please contact the practice as soon as possible to cancel the appointment and make a further one.
 - 8) It is important to visit your own dentist for routine check-ups and all other treatment throughout the duration of your orthodontic treatment.
 - 9) To be fair to all our patients we run on an appointment system, therefore, if you are late attending for an appointment you may have to wait until the end of the clinic or a space when you will be seen to check your appliance is intact. It is therefore important that you attend on time in order to make full use of the time allocated.
 - 10) If you need to cancel or change your appointment, please give us at least 24 hours notice.

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