

Fixed Orthodontic Appliances

Will brace treatment hurt?

Fitting the braces is painless, but later that day the teeth will feel strange as if they are being pulled slightly. By days two and three, this can turn into discomfort. Some patients say this is mild and others find it very tender. If required you can take pain relief that you would normally take for a headache but be careful not to exceed the recommended daily dose and always read the packet carefully. After approximately one week, the discomfort should subside. Every time the braces are adjusted the teeth are likely to feel tender for a few days afterwards.

What should I do if the braces rub?

Sometimes, the braces may rub the inside of your mouth and start to form a small ulcer. To help prevent this we would advise you use special orthodontic wax which can be purchased at reception. Roll a pea size piece between your fingers to make it soft. Dry the bracket that is causing the irritation and press the wax over the top of the bracket, this will stop the rubbing. The wax is harmless if swallowed and may drop off occasionally and need replacing.

What about cleaning the teeth?

Throughout your course of treatment it is vitally important to keep your teeth and gums in excellent condition. It is easy to give them a quick scrub; the secret is how to clean them properly, which is more difficult and takes time. Your Orthodontist will always check to see how well you are brushing your teeth and braces. If you are struggling to keep your teeth clean, we will let you know.

Please use your normal toothbrush and time yourself for at least three minutes twice a day. Electric toothbrushes are also good for cleaning braces. The final stage is to use a small interdental toothbrush; this looks like a tiny Christmas tree on a stick and is small enough to reach around and between the brackets and wires to remove food and plaque. We recommend using a fluoride mouthwash **every day** throughout the treatment. The best time to use the mouthwash is any time other than when you brush your teeth; this means that your teeth will have an additional coating of fluoride when you brush them.

We sell a brace kit at reception which includes everything you will need to look after your braces.

What can I eat?

The day that your brace is fitted we would advise starting off by eating very soft food. Avoid hard food such as baguettes, crusty pizzas and toast. Apples should be cut up before eating or they could cause discomfort and may break your brace. Avoid sticky foods which may get stuck around your brace and break it. Toffees, chewing gum or hard boiled sweets are definitely off the menu as they will damage your brace.

Your diet is also very important, anything sticky and sugary stays around the brackets and if not cleaned away will rot your teeth. Fizzy drinks are very bad, even the sugar free ones as the acids can damage the teeth.

What if the brace breaks?

If any part of your brace breaks please contact the centre on **01355 235915**. **If you do not look after your brace there will be a charge for repeated breakages.**

Do I still need to see my regular dentist?

It is very important that you continue to have regular check-ups with your dentist during orthodontic treatment so that your teeth can be checked for decay or other problems.