

**A fixed brace can make teeth like these.....**



**look like this .....**



Now that you have a fixed brace you may have some questions you would like answered.

### **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 would normally take for a headache may help (please read the instructions on the packet). If your brace rubs your lips or cheeks use some of the wax you were given to help.

### **Can I remove the brace?**

The brace you are now wearing is fixed to your teeth for the whole of your treatment. You should not try to remove it, as you may damage your teeth and the treatment will not work.

### **Can I eat normally?**

Yes you should be able to eat normally but be careful. For orthodontic treatment to work well and in the shortest possible time it is important you take care of your teeth and brace. To prevent damage to both, you should:

- ☺ **Keep it clean.**
- ☺ It is important you brush your teeth three times per day and use a fluoride toothpaste. If possible carry a brush to use after lunch. Pay particular attention to where the gums meet the teeth. Brushing will

take a little longer when you have a brace. Failure to keep your teeth and gums clean will lead to permanent scarring of your teeth and gums as shown in the pictures below!



- ☺ **Avoid sugar**
- ☺ Sugar causes decay and this will happen around the edge of the brackets. You must avoid sugar between meals otherwise your teeth will be marked at the end of treatment.
- ☺ **Avoid all sweets and juice.**
- ☺ Fizzy juice, fruit juice and diluting juice all contain sugar and fruit acids. These cause decay and erosion.



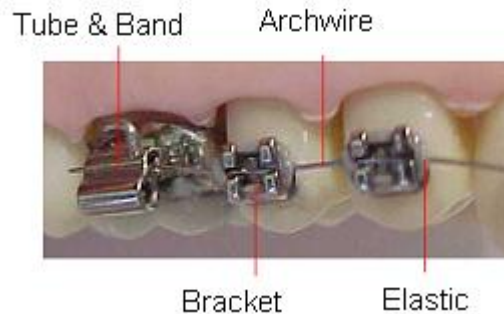
- ☺ .Too much sugar will cause decay and your teeth will look like this.

## ☺ Don't Break It!

- ☺ If your brace is broken your treatment will take LONGER and it will be difficult to achieve a good result.
- ☺ Avoid biting anything that is too hard.
- ☺ Do not eat boiled/hard sweets, toffees, hard chocolate/toffee/chewy bars.
- ☺ Do not bite your pen or pencil
- ☺ Be careful opening water bottles with your teeth. The plastic caps can knock the brackets off.
- ☺ Take care eating hard foods such as crunchy apples, crusty bread, etc. You can eat them but only if you cut them up first. Smaller pieces will be easier to eat and not as likely to damage your brace

### A damaged brace slows treatment down.

This picture will help you describe where the problem is



## First Aid

- ! The brace is rubbing my cheek and causing an ulcer
  - Use some of the wax you were given to cushion the brace. This sticks best if you can dry the brace and squeeze warm wax onto it.
- ! My teeth are very sore and it is painful to eat.
  - This is quite normal at the beginning of treatment and it will get better in 2 or 3 days. A normal headache tablet can be used (follow the instructions on the box). Eat soft foods, like pasta and soup, until it settles down.
- ! The wire has come out of the tube at the back.
  - If this is not causing discomfort it can be left until your next visit. If the wire is uncomfortable you may cut it or bend it back out of the way.
- ! A bracket(s) [or other part of my fixed brace] has broken and is able to move on the wire
  - If it is not uncomfortable and you have an appointment in the next 10 days just report it to your orthodontist at your next visit. If you are finding it too uncomfortable then phone reception for advice.

**Please contact reception for advice if you are worried about a problem with your brace**

## Fixed Appliances



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Falkirk

12 Pitt Terrace  
Stirling

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