

## Fixed Brace Guide

Telephone: 01242 – 248788  
58 Gloucester Road, Cheltenham, GL51 8PA  
[www.cheltenhamorthodontics.co.uk](http://www.cheltenhamorthodontics.co.uk)  
email: [reception@cheltenhamorthodontics.co.uk](mailto:reception@cheltenhamorthodontics.co.uk)

### What Happens At Your Visit

At this visit we are planning to fit your fixed brace. This does not involve any injections, and is not painful. **There is no need to worry.**

You will need to use a special toothbrush, to clean your fixed brace and a mouthwash to protect against decay. The items you need are available to purchase here.

We also advise the purchase of an orthodontic mouthguard, to be worn for all contact sports, providing protection for both mouth and brace.

Also please remember that once your fixed appliances are in place you should avoid eating hard or chewy foods such as sticky sweets and crusty bread.

### PROBLEMS?

If you are having problems, advice is available on our Questions and Answers page on: [www.cheltenhamorthodontics.co.uk](http://www.cheltenhamorthodontics.co.uk)

Or contact us for advice between 0830 - 1730. (Monday – Friday) on (01242) 248788  
Most problems can be dealt with at the next appointment, but it is useful that we are warned of any problems so that we can plan appropriately.

**CLEAN TEETH and NO BREAKAGES means YOUR treatment ends quicker.**

### Advice for Fixed Braces

The advice below must be followed to ensure that your orthodontic treatment is successful. If you have any questions or problems, please do not hesitate to contact us. Your new brace will feel strange at first, but any soreness will wear off in a few days up to about a week. If the discomfort persists or recurs at any time during treatment, please contact us. It is usual for the teeth to feel slightly loose while they are being moved.

### CLEANING

The brace cannot be removed from your mouth; you must therefore clean your teeth around the brace very carefully and thoroughly, removing any food particles which get lodged in the wires. Fixed braces need cleaning with a brush and water ideally after each meal or snack. This means it's a good idea to take a toothbrush with you to school or work. The brace itself will not damage your teeth but food and plaque left around the brace may cause bad breath, decayed teeth, and gum disease, and can also leave permanent marks on teeth. A fluoride mouth rinse is strongly recommended to help protect against decay while braces are worn.

## EATING

Be careful what you eat; hard food can damage your brace. Sweets and chewing gum are a complete No No! Cut up things like apples and crusty bread rather than bite into them. You must avoid hard foods as these may damage the brace and bend the wires. This may cause teeth to move in the wrong direction and make your teeth worse – so do be careful! Do not chew pencils and pens as this can damage the brace. Sugar is bad news, especially with braces. Fizzy drinks, polo's etc are not good. **AVOID!**

If you are not careful, you may damage your brace. This can cause problems and may spoil or delay your treatment. If you think you may have damaged your brace, please telephone for advice. 01242 248788

## APPOINTMENTS

Regular check ups and adjustments are essential; missed appointments can mean that your treatment takes longer. Please keep your appointments.

## WHEN THE FIXED BRACES ARE TAKEN OFF

Most patients wear their fixed braces for 18 – 24 months. When fixed braces are eventually taken off, you will need a retainer to hold your teeth in their new position. **REMEMBER** you are responsible for your brace! If you do not take care of your brace, your treatment may be discontinued.

### What you might need to look after your appliance:

#### Brace Relief Wax.

Your mouth is very perceptive and your new brace may rub your lips and cheeks. If this happens you will be able to easily identify where the rub is occurring. The Brace relief wax acts as a cushion while your mouth gets used to your brace. Dry the teeth/brace in the area of the rub with tissue/kitchen roll. Pinch off some wax. Mould around teeth and brace. Replace as necessary.

#### Mouthwash.

Use an alcohol free fluoride mouthwash. Do this at a different time to brushing to avoid rinsing the fluoride toothpaste away. **Do Not** eat/drink for a while after using mouthwash as this removes the protective film of mouthwash that will help care for any areas you may not have cleaned as effectively as required.

#### V Trim Tooth Brush.

These are the correct shape to brush around your brace. Take a brush to school to clean teeth/brace after lunch.

#### Tufted Brush.

For easier cleaning around the brackets, bands and wires.

#### Interdental Brushes.

Clean around wire and brackets where your normal toothbrush cannot reach. The brush can be bent to a 90° angle if easier to use.

#### Disclosing tablets.

Clean your teeth as you usually would. Put vaseline on lips to stop the colour being left on them. Chew disclosing tablet then spit out bits. Look in mirror and use the mouth mirror. Everywhere colour is left in the mouth from the disclosing tablets it should **NOT** be there. Use for approximately once a week until your brushing is ok. It is useful to do spot checks as well.