

Fixed Brace Guide

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Fixed Brace-What happens at your next visit

At this visit we are planning to fit your fixed brace (sometimes known as train tracks). 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 mouth rinse to protect against decay. The items you need are available to purchase here.

We also advise the purchase of a special orthodontic mouth guard, to be worn for all contact sports, providing protection for both mouth and brace. Prices start from £6.

Also please remember that once your fixed appliances are in place you will not be able to eat hard or chewy foods such as sticky sweets and crusty bread.

Problems?

If you are having problems, advice is available on our trouble-shooting page on:

www.cheltenhamorthodontics.co.uk

Or contact us for advice between 9.00am and 5pm 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 orthodontics 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; don't worry; any soreness will wear off in two or three days. If the discomfort persists or recurs at any time during treatment, please contact us. It is usual for 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 and 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 after EVERY MEAL or snack, including lunch. This means taking a tooth brush 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, gum disease and may also leave permanent marks on the 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. Toffee and chewing gum are completely out of the question! 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, lollipops etc are not good. **AVIOD!**

DAMAGE- 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.

APPOINTMENTS- regular check ups and adjustments are essential; missed appointments can mean that your treatment takes longer and can even result in the wrong tooth movements... please keep your appointments.

WHEN THE FIXED BRACES ARE TAKEN OFF- Most patients wear their fixed braces between 1 and 2 years. When fixed braces are eventually taken off, you will need a retainer to hold your teeth in their now position.

REMEMBER- you are responsible for your brace! If you do not take care of your brace, your treatment may be discontinued.

Fixed appliance Oral Health Products and Information available here

Leaflets -information about what can happen to your teeth if you do not clean them effectively.

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 of some wax. Mould around teeth and brace. Replace as necessary.

Mouthwash- Use a fluoride mouthwash which is alcohol free. Try to use a mouthwash at a different time to brushing, maybe after lunch or during the day. **Do not** eat/drink after using mouthwash as this removes the protective film of mouthwash.

Tooth Brush- small headed and medium strength. Small headed brushes are better than large headed brushes. Take a brush to school to clean teeth/brace after lunch.

Tufted brush- For easier cleaning around the brackets, bands and wires.

Interdental brushes- Cleaning around wire and bracket where your normal toothbrush cannot reach. The brush can bent to a 90° angle if easier to use. Cap can be used as a handle. Dispose of when bristles start of fall out.

Mouth mirror- Checking for missed areas, particularly useful when used after disclosing tablets.

Disclosing tablets- Clean your teeth as you usually would. Put lip salve/ Vaseline on lips to stop them being dyed. Gently chew up a disclosing tablet and then spit bits out. Look in the mirror and use the mouth mirror. **EVERYTHING** that has been dyed by the disclosing tablets should not be there. Use approximately one per week until your brushing is ok. It is useful to do spot checks as well.