

Fixed Orthodontic Appliance Instructions

The brace you are wearing is a highly sophisticated and delicate instrument which, if looked after carefully, is capable of giving you perfect teeth to last a lifetime. It is vital that you read and carry out the following instructions:

The Brace

Your brace consists of small metal attachments fixed to your teeth with a special adhesive. These are easily removed at the end of treatment, leaving your teeth completely unharmed. Wires and elastic components pass between these attachments and it is these that produce the tooth-moving forces.

Getting used to your Brace

Your teeth are likely to become tender during the first weeks of treatment. This will wear off with time, as the teeth start to move. If necessary, take a painkiller to minimise any discomfort that you may experience. If the discomfort continues, please do not hesitate to contact the practice.

Oral Hygiene

Superb oral hygiene is essential with a fixed brace – failure to remove all the plaque from around your attachment can lead to damage to the teeth and gums, don't let this happen to you! Clean your teeth and gums at least twice a day (after breakfast and before bed).

Use a disclosing tablet once or twice a week and fluoride mouth rinse on a daily basis. A normal, small toothbrush should be used in conjunction with an interdental brush, remember to clean the gums. Oral hygiene kits are available at reception.

Diet

Avoid foods that may damage your brace, such as; chewing gum, toffee, nuts, hard sweets, tough meat etc. If you eat raw carrot, apples or French bread take care to cut them up first and avoid biting too hard.

Breakages

Our team will supply you with enough information on how to care for your orthodontic appliance to avoid delays/discontinuation of treatment due to repeated appliance breakages. To avoid this outcome we ask you to participate in your orthodontic treatment, particularly by following advice provided by your clinician for example, eliminating hard and sticky foods from your diet as such foods are often the cause of appliance breakages.

Our practice has a breakages policy in place and a copy is available at www.chapelroad.co.uk or upon request. In the event that there are appliance breakages, on three separate occasions, a formal verbal warning will be issued alongside a copy of our practice 'Appliance Breakage Policy', informing you that treatment could be discontinued if further breakages occurs.

Adjustments

Your appliance requires regular adjustments and must not be worn for long periods unsupervised. As always, it is important to visit your own dentist for regular check-ups during orthodontic treatment.

Please visit our patient information page on our website for detailed information: www.chapelroad.co.uk

Please discuss any queries or concerns that may arise with us.