



Care of fixed appliance - (brace) (page 1 of 2)

Our aim is for your treatment to be completed as quickly and as easily for you as possible. For this to succeed, your appliance must be cared for exactly as instructed. The bands and brackets are cemented to the teeth for the duration of the treatment. Do not attempt to remove them yourself or you will damage your teeth and treatment will not work.

Diet

A normal diet is recommended, but generally cut food up smaller to reduce chewing required. Never bite hard against the appliance as this will damage the brace. Sticky, hard sweets and chewing gum must not be eaten. Fizzy drinks, including diet drinks, and fizzy water should be avoided.

Cleaning

Food will tend to stick around the teeth more than normal. This may cause decay, permanent unsightly marks on the teeth or gum infection unless extra care is taken with tooth brushing. Brushing will take longer when you have a brace.

Use a small soft toothbrush with the fluoride toothpaste for cleaning the appliance, teeth and gums. Brush after every meal and before going to bed. Pay special attention to where the gum meets the tooth. Interbrace and interdental brushes are useful for cleaning around the brace and under the wire.

A daily fluoride mouthwash should also be used last thing at night after toothbrushing to further protect the teeth.

Possible problems

The teeth may be a little tender for a few days after your appliance is fitted and each time the brace is adjusted. If necessary, painkillers such as those for a headache may help. Please read the instructions on the packet.

Loose bands or brackets may occur. If detected, these must be reported to the department immediately.

Sharp edges or wires may occasionally irritate your lips or cheeks. You will be given some wax to help with this. If this problem persists, please contact the department for an appointment.

If you need your information in another language or medium (audio, large print, etc) please contact Customer Care on 0800 374 208 or send an email to: customer care@salisbury.nhs.uk

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

Please complete The Friends & Family Test to tell us about your experience at: www.salisbury.nhs.uk/FriendsFamily or download our App from the Apple App store or Google Play Store.

The evidence used in the preparation of this leaflet is available on request. Please email: patient.information@salisbury.nhs.uk if you would like a reference list.

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Date written: October 2008

Review date: September 2021

Version: 2.0

Code: PI0134

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Do not wait until your next appointment as breakages will slow your treatment and may result in damage to your teeth. If you repeatedly break your brace, treatment will be stopped.

Mouthguards

If you play any contact sports you should wear a mouthguard which allows tooth movement to occur.

Appointments

You will need regular appointments during treatment to have your brace adjusted.

Visiting your regular dentist

It is important that you see your regular dentist throughout orthodontic treatment for check ups and any fillings.