



Cotswold
Orthodontics

**Caring
for your teeth
& braces**



Eating and caring for your teeth and braces during treatment

It is vital to care for your teeth and braces properly during orthodontic treatment. We will show you how to clean your teeth and gums thoroughly and also advise you on your diet.

Quite simply, if you do not follow our advice, you could permanently damage your teeth.



Your teeth could become stained and you run a greater risk of suffering from dental decay. **If you cannot commit to maintaining a strict daily oral healthcare routine, then orthodontic treatment may not be suitable for you.**

Caring for your teeth while wearing braces

- Watch your diet – avoid sweet and/or sticky foods and acidic drinks such as fizzy drinks and fruit juices.
- Try to avoid snacking between meals.
- Try to clean your teeth carefully after every meal, using a fluoride toothpaste. Take particular care to brush around the brace thoroughly, between your teeth and gently brush the gums. If your gums bleed you are not keeping them clean enough.
- Use a fluoride mouthwash or gel at night after cleaning.



Brace care

The best ways to avoid damaging your braces are:

- Be careful what you eat and how you bite. Hard and chewy foods such as nuts and toffee should be avoided.
- Food like apples and crusty bread should be cut into small pieces to avoid having to bite into them.
- Do not bite your fingernails or chew on pencils, pens, etc.
- If you take part in contact sports such as rugby, hockey or martial arts you should still wear a mouth guard – please ask for details.
- It is vital to continue to visit your own dentist for regular check-ups even when having orthodontic treatment.



Brace repairs and discomfort

- If your brace is broken, for example a block is loose, a wire snapped or chain missing, call us for advice.
- After your brace is fitted you may find your teeth are tender and mouth sore for the first week. This is normal and will get better.
- We advise you take whatever painkillers you normally take for a headache.
- To minimise and relieve rubbing you can use wax, Braceze, Brace Relief or Bonjela.
- There will be a charge for replacement appliances.

Appointments

We would appreciate it if you would make your appointment before leaving the practice to ensure that we can see you at the appropriate time. If you are unable to attend please call and let us know.

More than two missed appointments can lead to treatment being discontinued.

Please can you make sure that we have up-to-date mobile telephone numbers and email addresses so that we can contact you easily.

We do sometimes run late, often due to emergency repairs or a previous patient arriving late – please bear with us and allow sufficient time in case you have to wait.



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