



Care and Wear Instructions for Fixed Braces

Congratulations on having your braces fitted, you are now on your way to a beautiful smile. Your brace is made up of small brackets glued to your teeth. A wire runs through the brackets and makes your teeth move in a controlled way.

- It is not unusual to feel a little discomfort for the first few days of fitting your new braces a soft diet and if needed Paracetamol or Ibuprofen may be taken. **Please check that you are medically able to take these medications.**
- Your mouth will take some time to get used to the brace and you may experience soreness or ulcers. Please use your wax or brace-ease to coat any irritating areas.
- It is not uncommon at the start of treatment that the wire may displace a bit and become painful. Please contact us for help if this happens.
- Please keep your teeth and braces very clean. This may require you brushing your teeth at least three times a day after each meal. You have been shown how to use the different brushes at the surgery.
- Take a toothbrush and toothpaste to school/work and clean your teeth after lunch and any snacks or drinks.
- Breakages significantly increase treatment time, so be careful to look after your brace if you want to finish treatment as quickly as possible.
- DO NOT bite heavily into crunch foods e.g. carrots, apples, crusty bread, cereal bars or hard biscuits. Cut or break these into small pieces and chew with the side teeth.
- DO NOT chew gum or sticky foods as your brackets will break off from the tooth surface.
- DO NOT chew PENS or NAILS. Your brace will break.
- If a breakage occurs, contact the practice as soon as possible.
- If you are unable to maintain your oral hygiene and appliance care to satisfactory standard, we will have no choice but to discontinue treatment after two warnings.