

Care and wear instructions for your lingual appliance

What is a lingual brace?

Your lingual brace is made up of custom made cast-gold brackets that are glued on to the inside surfaces of your teeth. These brackets are linked by a thin wire, which is held in the brackets by small elastic bands.

How long will it take for me to adjust to wearing my brace?

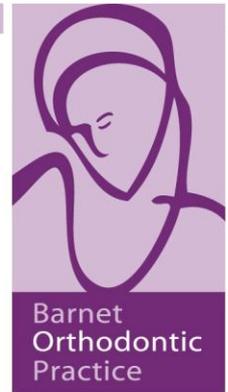
1. Your mouth has to adjust to a significant change and you may experience some discomfort during the first four or five days of your treatment, due to your brace rubbing against your tongue, and your teeth might feel tender.
2. Painkillers such as a paracetamol or ibuprofen help to reduce any initial tooth discomfort. Medication of this kind must only be taken if you have no allergies to them.
3. Rinsing your mouth with warm salty water may help to ease the tongue soreness.
4. Use the soft wax in your care pack, which can be used to cover any parts of the brace irritating your tongue. Try your best to dry the bracket that is rubbing with a tissue

Will my speech be affected?

1. After the brace is fitted, your speech may be affected and a lisp or whistling sound is common during the first few weeks.
2. Adaptation is usually quick and the more you speak the quicker you will adjust, and the sooner your speech will return to normal.
3. Most patients find that within a few weeks their speech is back to normal.

Foods to avoid during treatment with a lingual brace

1. Avoid hard, sticky and chewy foods as these will cause your brackets to come away from the teeth.
2. Examples include foods like crusty rolls, crisps, pizza crusts, toffees and boiled sweets.
3. The rule is: if in doubt whether to eat a particular food, just don't even try!
4. Also avoid chewing on pens, pencils or fingernails during your treatment.
5. You will find that soft foods like soup and pasta are easier to manage and more enjoyable.
6. Try cutting up food pieces so your teeth are under less force during chewing.



How do I look after my teeth whilst wearing lingual braces?

1. Your brace provides food and plaque with more places to hide, so you'll need to be extra careful with your oral hygiene routine.
2. You will need to brush after every meal to remove the small pieces of food that will get trapped in your brace.
3. We recommend that you carry a toothbrush with you at all times, and use a fluoride mouth rinse every evening to protect your teeth from decay.
4. We also recommend that you see a hygienist and your general dentist for regular checkups throughout your treatment
5. 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.

What do I do if I have a breakage

1. Contact the practice immediately on 0208 449 3022 and we will endeavour to see as soon as possible
2. If a bracket comes away from the rest of the brace, please keep it so that we can recement it for you, if possible.
3. Replacement brackets can take up to 8 weeks to be manufactured and cost about £150 per bracket

I have received and understood the instructions regarding the care and wear of my fixed braces.

Print Name:.....

Signature:.....

Date:.....

Attended with:.....