



OLDHAM

ORTHODONTICS

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Instructions for fixed appliances

You have now completed your Orthodontic Treatment and will need to follow the instructions below to care for your fixed appliances.

- Your appliance is to be treated carefully. Avoid food that may damage the brace for example toffees, chewing gums or hard sticky foods. Avoid drinking sugary & fizzy drinks.
- It is likely for the first few days your teeth may feel tender or uncomfortable. However this will wear off and you will quickly get used to the brace.
- It is important to keep your brace and teeth spotlessly clean. If possible carry a brush with you to use after mealtimes. Plaque and food left around the brace can cause permanent damage and lengthen your treatment duration.
- Breakages of the brace will increase your treatment time. If you break your brace repeatedly your brace treatment may be stopped.
- Keep your regular dental check-up appointments with your dentist.
- It is advisable to wear a gum shield if you play contact sports.
- You will need regular orthodontic appointments during treatment for brace to be adjusted.
- Follow the instructions of wearing the elastics when required during treatment.

If you have any questions about your fixed appliance please contact our nurse on 01706 645125 Monday to Friday 9am to 5pm.

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