

FIXED BRACES.

Your teeth may feel tender for 3-5 days after brace fitting and possibly after adjustments. If necessary, take what you usually take for headaches.

Your brace is fixed to your teeth so try not to disturb the brace too much by playing around with it e.g. chewing pens as this could distort the wires and cause breakages.

You can eat as normal but take extra care not to damage your teeth, your soft tissue (cheeks, gum and tongue) and your brace.

We advise that you attend every 6-8 weeks for adjustments and continue seeing your dentist regularly.

DOS

- Brush 3 x times daily
- Follow the correct tooth brushing demonstration shown after brace fitting
- Attend regularly and not miss appointments
- Ring up straightaway if you have any issues
- Drink water throughout the day
- Wear a mouth guard when playing contact sports (available on reception)



DONT'S

- Eat sweets, chocolate and sugary snacks
- Drink fizzy drinks and excessive fruit juices
- Eat hard, crunchy or chewy foods such as toffee, sweets and chewing gum. (Hard foods such as apples can be eaten with care if cut in to little pieces.)

Failure to keep your teeth clean or having a high sugar diet can cause permanent scarring and tooth decay.

Tooth brushing

1. Brush every tooth surface
2. Brush above and underneath the brace
3. Brush where your gums meets your teeth using circular motions
4. Use interdental brushes vertically to clean in between your brace
5. Use interdental brush to clean in between your teeth as you can no longer floss
6. Use fluoride mouthwash



VITIS sundries are available on reception and are specifically designed for patients undergoing orthodontic treatment. Full kit **£19.50**, travel kits **£5.50**. Please ask reception staff for more details.

