

Fixed appliances

➤ Will it be painful?

It is likely to be sore for about 3-5 days each time the brace is adjusted. If necessary, simple painkillers such as the ones you would normally take for a headache should help- please read the instructions on the packet. If the brace rubs your lips or cheeks, you can use some wax to help with this. Your orthodontist can give you further advice

➤ Can I remove the brace?

The brace you are now wearing is fixed to the teeth for the whole of your treatment. You should not try to remove it, as you may damage your teeth and the treatment will not work.

➤ Can I eat normally?

Yes, you should be able to eat normally. However, for your orthodontic treatment to work well and in the shortest time possible, it is important that you take care of your teeth and brace. In order to prevent damage to both, you should:

- Avoid sugary snacks/drinks between meals and at bedtime.
- Avoid sticky, chewy or hard sweets, mints and sugared chewing gum.
- Avoid fizzy drinks, including diet drinks and large amounts of fruit juice.
- Hard or chewy foods- such as apples, carrots and crusty bread- can damage your brace. Avoid them or cut them up first.

➤ What about tooth brushing?

It is important that you brush your teeth well for at least 3 minutes, twice a day. Use fluoride toothpaste. If possible, carry a brush with you for use after lunch. Brushing may take a little longer when you have a fixed brace so take your time. Pay particular attention to brush where the gums meet the teeth. Inter-dental brushes may help you clean around the brace and in between the teeth.

An alcohol-free fluoride mouth rinse should also be used daily. Use it at a different time of the day to when you brush your teeth. This helps maintain the fluoride protection to your teeth. Avoid eating or rinsing for 20 minutes after use. Sugary snacks/drinks and poor cleaning of your teeth and brace will lead to permanent damage to your teeth.

➤ **How long will treatment take?**

Usually about 12-30 months but this will vary according to how severe your tooth problem is. Missed appointments or repeated breakages of the brace will add to your overall treatment time.

➤ **Will I need to wear anything in addition to the fixed brace?**

It may be necessary for you to wear elastics and/or headgear at some stage during your treatment. Headgear is usually worn in the evenings and at night. Elastics are worn inside the mouth during the day and night, including meal times.

➤ **Will I need to wear another brace once my treatment has finished?**

Once the active phase of your treatment has been finished, it will be necessary to wear a retaining brace. This may be removable or it may be fixed behind your teeth. The length of time this has to be worn can vary. Your orthodontist will advise you.

➤ **How often will I need an appointment?**

You will need regular appointments usually every 5-8 weeks during treatment for the brace to be adjusted.

➤ **Do I still need to see my regular dentist?**

Yes. It will important you still have check-ups with your regular dentist throughout orthodontic treatment so that your teeth can be checked for decay.

➤ **What if I play contact sports?**

It is recommended that you wear a gum shield. This will also be the case if you take part in activities requiring a protective helmet e.g. roller-blading, skateboarding and horse riding. Ask your orthodontist about this.

➤ **What if I play a musical instrument?**

A fixed brace may make it more difficult for you to play your wind or brass instrument. You will need to discuss this with your music teacher and orthodontist. Download the advice sheet on this subject on www.bos.org.uk

➤ **REMEMBER**

- Brush your teeth for 3 minutes at least twice each day.

- Use an alcohol-free fluoride mouth rinse once every day
- Avoid sugary snacks and drinks between meals and at bedtime
- Avoid fizzy drink
- Avoid hard, sticky and chewy sweets and foods.
- Continue to visit your dentist regularly
- Treatment will usually take 12-30 months.
- You will need to wear retainers for some time after your treatments finishes.

➤ **What do I do if my brace breaks?**

Ring up for an appointment as soon as reasonably possible. Do not wait for your next routine appointment as the breakage may slow your treatment, or may result in damage to your teeth. If you repeatedly break your brace, your treatment may be stopped early.

The day time telephone number you should contact if a breakage occurs is:.....