

INSTRUCTIONS FOR THE CARE OF FIXED BRACES:

Now that your braces have been fitted:

- Your mouth may feel uncomfortable and will take a few days to get used to it
- We can provide orthodontic wax to prevent your brackets (the attachments on your teeth) from the brace catching the inside of your lips and cheeks. This can be placed over the areas that are rubbing and should ease the discomfort.
- A mild painkiller such as Ibuprofen or paracetamol and soft diet may help ease discomfort
- Most patients find that after a few days/weeks their mouth will toughen up and get used to the brace.
- You are required to attend all scheduled appointments so that your treatment would progress smoothly and quickly.
- Missed appointments and repeated breakages will prolong your treatment. To avoid breakages you need to be careful with your diet.
- Occasionally, the end of a wire will work itself out of place and irritate your mouth. Use a pencil eraser to push the wire so that it is flat against the tooth. If the wire cannot be moved into a comfortable position, use some relief wax to cover it.

DIET CONTROL:

- Avoid eating hard foods such as crusty bread and pizza crust.
- If eating foods such as apples ensure they are chopped into small pieces and placed on the biting surfaces of the back teeth to chew on to avoid any breakages of the front of the brace.
- We do recommend that you avoid foods that contain excess amounts of sugar such as fizzy drinks and sweets.
- Recommended drinks are milk and water.
- Avoid sticky foods such as chewing gum, lolly pops, toffees, caramel, etc . These must be avoided as they can damage the teeth and the brace.

BREAKAGES:

- To avoid breakages be careful with your diet as mentioned above.
- Avoid chewing pens/pencils and biting your nails as these can result in breakages.
- If any of your brackets feel loose or have fallen off please contact the practice for advice.
- Check your brace every night-if any of the brackets are loose then please contact the practice as soon as possible.

CLEANING YOUR BRACE:

- Use a fluoride toothpaste.
- Brush in a circular motion above and under the brace. This should be followed by the use of interdental brushes (Tepe) upwards and downwards in between the brackets and wires.
- Also pay particular attention to the gum area. Failure to brush the gums can result in bleeding and swelling of the gums and may result in gum disease.

PTO

- It is important to brush your teeth in the morning, after each meal and before going to bed at night.
- We recommend that you use interdental brushes (available at reception) these are designed to help clean under your fixed braces/wires.
- A fluoride mouthwash should be used once daily to prevent decay but is NOT a substitute for tooth brushing.
- It is important to continue seeing your own dentist regularly for check ups throughout treatment.
- If you look after your teeth properly, wearing a brace should not result in any permanent damage.

INSTRUCTIONS FOR REMOVABLE BRACE

- In order to get used to your brace you must keep it in.
- The first few days will be difficult and painkillers may be required.
- The discomfort should only last a few days.
- You will have lots of saliva in your mouth after the brace is fitted, this will pass within a few days.
- If ulcers develop, use hot salty mouth wash (made of a cup of warm water with a tea spoonful of salt dissolved in it) three times a day. If this does not help, then please contact the practice.

EATING:

You have to follow the instructions of your orthodontist as some braces may not be designed to be worn while eating. If you are to eat with your braces in:

- Keep the brace in when eating in order to get used to eating with it in.
- Start by eating soft foods.
- After some practice you will be able to eat normally.

DIET/BRUSHING:

- Ensure you have a healthy diet.
- Avoid fizzy and sweet drinks.
- Hard and sticky sweets should be avoided.
- Ensure you brush your teeth and the brace in the morning, after each meal and each night before bed as decay can occur under the brace.
- The brace should be cleaned with a toothbrush and water, without any toothpaste. Toothpaste will discolour the appliance. It is also important NOT to wash the brace in boiling water.

CARE:

- Your brace should be taken out for contact sports.
- The brace should be put safely in a container and put back in your mouth immediately after.

TALKING:

- Talking is difficult at the start.
- Practice talking
- Read aloud to yourself from a book/magazine.
- You will be able to talk properly in a few days.

INSTRUCTIONS FOR TWIN BLOCKS

- In order to get used to your brace you must keep it in.
- The first few days will be difficult and painkillers may be required.
- The discomfort should only last a few days.
- You will have lots of saliva in your mouth after the brace is fitted, this will pass within a few days.
- If ulcers develop, use hot salty mouth wash (made of a cup of warm water with a tea spoonful of salt dissolved in it) three times a day. If this does not help, then please contact the practice.

EATING:

Eating with the twin blocks in will be difficult to begin with and takes some practice:

- Keep the brace in when eating in order to get used to eating with it in.
- Start by eating soft foods.
- After some practice you will be able to eat normally.

DIET/BRUSHING:

- Ensure you have a healthy diet.
- Avoid fizzy and sweet drinks.
- Hard and sticky sweets should be avoided.
- Ensure you brush your teeth and the brace in the morning, after each meal and each night before bed as decay can occur under the brace.

CARE:

- Your brace should be taken out for contact sports.
- The brace should be put safely in a container and put back in your mouth immediately after.

TALKING:

- Talking is difficult at the start.
- Practice talking
- Read aloud to yourself from a book/magazine.
- You will be able to talk properly in a few days.

BONDED RETAINER

The retainer is there to keep your teeth straight

CARE:

- The retainer is delicate
- If it breaks the teeth will move
- Avoid foods which are hard and sticky
- Avoid biting directly into hard foods such as an apple, carrots, crusty bread, ... etc
- Cleaning under the retainer with a superfloss or Tepe interdental brush

LOOK:

- Look at the retainer every night
- If the wire breaks or the glue comes off then phone us right away
- We will repair it for you as soon as possible
- Look at your teeth every night
- If you think your teeth are moving phone us right away
- Please do not play with, distort or cut the wire before we see you.

GUARANTEE:

- The retainer is your only guarantee that the teeth will stay straight
- If your retainer breaks your teeth will move
- If your teeth move, you may need braces to straighten them again

GUIDELINES FOR THE WEAR AND USE OF THE REMOVABLE ESSIX RETAINER

Your son/daughter has now completed a course of active orthodontic treatment and now has started a period of retention.

The retention period is to make sure that the teeth settle into their new positions and do not return to their old positions.

Over the next 12 months we hope to see you every 3 months to monitor retention and the stability of the treatment.

The following guidelines have been recommended to you and it is in your interest to stick closely to this regime as possible, if in doubt please contact us by phone.

1. The retainer must be worn full time for the first 4 weeks and should only be removed to eat, drink anything other than water and brush your teeth
2. After the first 4 weeks and once the retainer has settled, it should be worn every night and left out during the day in a retainer box.
3. It should be kept clean by brushing gently with a soft brush and water. Occasional cleaning in a proprietary soaking solution may also help such as retainer brite. Never use hot water to clean your retainer as this will result in distorting it.
4. The retainer should never be stored anywhere except in a retainer storage box available from the practice. Rough handling or storage in pockets, bags, handkerchiefs and tissues will result in loss or damage.
5. We recommend that even after your son/daughter has been discharged the upper removable retainer should still be worn once a week and the lower fixed retainer left in place until after the wisdom teeth have erupted or have been removed. You are always welcome to contact us to have the retainer removed or repaired.
6. The health board no longer replace retainers free of charge. If lost or broken, the cost of the retainer will have to be paid in full prior to replacement regardless of circumstances.