

FIXED BRACES

INSTRUCTIONS

I am delighted and excited to be a part of your brace journey. This is the first step on your journey to achieving straight teeth.

Below are a series of instructions to follow in order to look after your teeth and braces during the course of your treatment. If you have any further queries please do not hesitate to contact the practice on 02083401482 or orthodontics@crouchhalldentalcare.co.uk

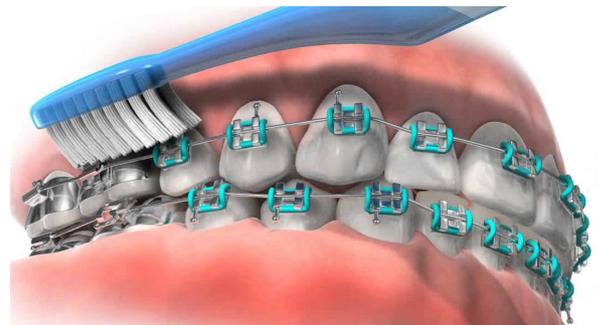
Braces are excellent at moving teeth, however they attract plaque, in order to prevent decay please do take time to read the instructions below.

Cleaning

Brushing

Your brushing technique requires modifying to accommodate the braces. Brush at **least twice a day, ideally three times** to ensure the teeth are kept in ideal health.

1. Use your normal toothbrush (electric or manual) to clean your teeth and braces
2. Start **above** the brace (making contact with the brace, tooth and gum), then progress to **beneath** the brace (making contact with the brace and tip of the tooth), brush **side to side**,
3. Brush the remaining surfaces of your teeth as per normal



Please click in the link to view a video on brushing

<https://youtu.be/csATVpFFMbE>

Use toothpaste which has fluoride in it (most toothpastes contain fluoride)

Interdental cleaning

Use an **interdental toothbrush** to clean any remaining plaque off your teeth. Concentrate on the areas between your gums, the brackets and underneath the wire.



Please click in the link below to view a video

<https://youtu.be/PuRCnYhbUDo>

Mouthwash

Use a fluoride mouthwash twice a day.

Eating

Please do eat! Your diet should remain relatively the same with some small changes to ensure the braces are not damaged.

Don'ts

- Nuts, just don't. they don't like braces and braces do not like them.
- Hard foods such as apples, carrots, crusty bread. If you are to eat hard foods please cut them into small pieces and chew them on your back teeth.
- Chewing gum. Although they do not damage the braces, they do become entangled and are a nightmare to clean off.

Chocolate, sweets, fizzy drinks and acidic drinks should be reduced in their frequency and only a few times in the week, ideally with meals.

If there is a breakage please call the practice / email. We will endeavour to repair the brace, however each breakage adds time to the overall treatment duration.

Problems

After your brace has been fitted your teeth will feel tender, this is normal. Mild painkillers such as Paracetamol or Ibuprofen will help.

If brackets or bands rub your lips and cheeks you may need to use wax, which is available from the practice. Your teeth may feel wobbly, don't worry this is quite normal.



Please click in the link to view a video on how to place wax

<https://youtu.be/pNEfaEimNTs>

You will still need to attend routine check up appointments with your dentist during your orthodontic treatment.

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