

Instructions to Patients Wearing Fixed Appliances

The fixed appliance that you are wearing is cemented to your teeth and is made up of several small, delicate parts. Success in your treatment depends very much on you looking after it carefully.

Don't worry...

- Teeth may be tender for a day or two after the brace is fitted or after an adjustment. This should wear off and you should quickly become used to the appliances.
- During the course of your treatment as the teeth are being aligned, it is not unusual for spaces to occur between the teeth that may have not been present before. These spaces will close as treatment progresses.

Care of the appliance and your teeth

- Avoid sticky foods especially sweets, toffee, caramel or very hard food.
- These will lead to repeated breakages which will prolong treatment time.
- It is essential that you keep the appliance and your teeth clean.
- Brush your teeth and appliance at least TWICE a day, especially morning and night as instructed.

Important

- *If toothbrushing is inadequate while a fixed brace is in place, irreversible damage may be caused to the teeth and gums.*

Remember...

- Do not hesitate to contact the surgery for an appointment under any of the following circumstances:
 - If any part of the brace becomes loose or broken and is causing discomfort.
 - If the teeth or gums become excessively sore.

And finally....

- Do not hesitate to contact the surgery or discuss on a subsequent visit if any aspect of your treatment is concerning you.
- If you are unable to keep an appointment, please give us as much notice as possible.
- Appliances must not be worn for long periods of time without supervision.

Remember - It is important to see your dentist for regular check-ups during orthodontic treatment

