



# INSTRUCTIONS FOR FIXED APPLIANCE KIT

**It is imperative that you get this kit to help maintain your oral health throughout your important orthodontic treatment**

## MOUTHWASH:

Use daily, preferably before going to bed at night. Preferably at separate time from brushing as it is more effective.

## LARGE TOOTHBRUSH:

Use to brush above and below the brackets on each jaw. Use it 3 times a day: after breakfast; after lunch; and after dinner before bedtime.

## SMALL TOOTHBRUSH:

Use to clean in between the brackets and behind wire.

## DISCLOSING TABLETS:

Use to check you are brushing your teeth and braces effectively. Brush your teeth first then chew ½ tablet, rinse your mouth with water and if there is any plaque left on your teeth it will be stained pink. So then you know where to concentrate on your brushing. Use the disclosing tablets to monitor and improve your brushing twice a week throughout the treatment.

## RED WAX:

Use if you find any brackets causing you any discomfort or ulceration. Take a piece of the wax and place it over the brackets. The wax will stick to the brackets as long as you have dried off the brackets properly. The wax will last approximately 2-3 days and will dissolve by itself.

## CHARGES FOR MISSED APPOINTMENTS

Patients who fail to attend appointments will be charged. See reception staff for fee. Please give 24hrs notice if cancelling an appointment. Thank you for your co-operation.

## IMPORTANT

**Please make sure you attend your own dentist for regular 6 monthly check ups during the treatment. If you have any problems please phone us immediately on the number below.**

### Queen's Park

2 Balvicar Drive,  
Glasgow, G42 8QS

Tel: 0141 423 2994

### East Kilbride

11 Kirktonholme Road,  
East Kilbride, G74 1AS

Tel: 01355-520290

### Hamilton

18 Auchingramont Road,  
Hamilton, ML3 6JT

Tel: 01698 459922

### Jordanhill

Randolph Gate,  
494 Crow Road, G11 7DQ

Tel: 0141 334 9975

### Kilmarnock

33 The Foregate,  
Kilmarnock, KA1 1LU

Tel: 01563 558755

### Greenock

84 West Blackhall Street,  
Greenock, PA15 1XG

Tel: 01475 784766

### Cumbernauld

38 Westfield Court  
Grayhill Rd, Cumbernauld, G68 9HQ

Tel: 01236 730470

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