

INSTRUCTIONS FOR FIXED BRACES

CO-OPERATION:

Your full co-operation is, of course, essential for a good result.

5 main things:

- 1** Please do not use your front teeth to bite directly into food. Try and cut everything up prior to eating. Avoid hard and sticky foods, especially chewing gum
- 2** Avoid fizzy drinks and take a low sugar diet
- 3** Use a fluoride mouthwash and toothpaste
- 4** Brush above, below and in between the brackets
- 5** For pain control take paracetamol and/or nurofen (Check with your Pharmacist if asthmatic)

ADJUSTMENTS:

We will need to see you every four to twelve weeks to check and adjust your appliance. This will be your responsibility to make these appointments and ensure you are seen regularly. You may also need to come in between appointments if part of the brace becomes loose. In the early stages we usually change the straightening wires at each visit until you reach the “working” wires. Then we move the teeth into their new positions with elastics and/or headgear. After that we close any unwanted spaces and adjust the bite before removing the fixed brace and fitting removable braces to keep your teeth straight. Treatment **normally lasts 2 to 2 ½ years** with a fixed brace (although multiple breakages will prolong treatment) and long term wear with retainers.

BREAKAGES:

If phoning with breakages, please could you find out how many brackets/bands are off.

A **Band** is on the very last anchor tooth and A **Bracket** is on all teeth in front.

Unfortunately breakages add 3 months each time to your treatment time.

WARNING:

Risk of permanent markings of the teeth will occur if you do not clean it properly. Please use 1 or 2 of the Disclosing Tablets weekly throughout treatment so you can monitor your brushing to a satisfactory level. We will show you a Fixed Kit for looking after your teeth. It is imperative to buy this at or equivalent out with the practice. This will enable you to have all the tools necessary for expert cleaning.

AFTER TREATMENT:

Your teeth are likely to “settle” into a good position but there is also a risk that they will move back to their original positions and/or become more crowded. That is why we ask you to wear removable retainers for at least a year and then you have the choice of continuing with them just at night. Some people’s teeth will always be likely to move out of their new position. If we expect that to happen, we will tell you in advance.

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 treatment. Any problems please phone us immediately at the practice you attend – phone numbers below. Please also make sure you maintain meticulous oral hygiene and your dental fitness.

NOTE: PLEASE ENSURE YOU BRUSH YOUR TEETH BEFORE EVERY APPOINTMENT

Please see patient information leaflets on the BOS website, for additional downloading information