

Advice following Placement of your Fixed Appliance

1. clean your teeth after every meal
2. use a regular toothbrush and an interdental brush
3. use a fluoride mouthwash e.g. Colgate Fluorigard
4. do not have coca-cola, chewing gum or toffee. Avoid fizzy or acidic drinks, hard sticky and sweet foods.
5. have soft clean foods, and cut up fruits, vegetables and crusty bread and eat them on the back of your teeth.
6. use orthodontic wax, as instructed.
7. you may find your brace makes your teeth tender for a few days; use your regular pain killers e.g. Calpol or Paracetamol as directed on the packaging.
8. if you have any problems or breakages, please contact the orthodontic department on 01234 792137.

A guide to eating and drinking with your fixed brace

Chewing gum, toffee, Haribo jelly sweets, will totally destroy your brace.

Fizzy drinks (especially coca-cola) and fruit juices contain acidic acid, this will damage and erode your teeth, try to stick to water, milk or diluted sugar free cordial. Drink through a straw and limit to mealtimes.

When eating nuts and crisps, stick to softer varieties like Wotsits and Quavers.

Pens and pencils are a favourite exam time food, and will destroy your brace.

Biting fingernails will definitely break your brace.

Hard fruit and raw vegetables must be cut up into bite size slices or chunks.

Crusty bread, rolls, pizza and toast crusts bend the wires and knocks off brackets.

This list is not exclusive, there are other hard and sticky foods which can break or loosen your brace.

Broken brackets or wires mean a longer treatment time. Excessive breakages may result in your brace being removed before your treatment is finished.

If you are not sure about what you can or can't eat please ask, contact Sarah or Polly on 01234 792137.

Parts of your Brace

Archwire: the archwire is fastened to all of the brackets and creates force to move the teeth into proper alignment.

Brackets: brackets are connected to the bands, or directly bonded on the teeth, and hold the archwire in place.

Metal Band: the band is a ring of metal which is often used to wrap around the back of the teeth when greater strength is required.

Hooks and Rubber bands: elastic hooks are used for the attachment of rubber bands, which help move teeth toward their final position.

Ligature: the archwire is held to each bracket with a ligature, which can be either a tiny rubber band or a twisted wire.

Orthodontic Emergencies

Please contact the department for advice and or appointment if you have lost, broken or brace components are making you sore.

If you need to take Ibuprofen or Paracetamol, always read the label, apply wax as instructed until you can get an appointment.

Use hot salt water mouth baths (A teaspoon of salt to a tumbler of warm—hot water).

If you have broken or lost your appliance contact the department as soon as possible, as the breakage may slow your treatment progress. If you repeatedly break your brace treatment may be stopped.

Orthodontic Emergencies: Monday to Friday, 9am-5pm, 01234 792137