

You will be having fixed braces fitted at your next visit. This is an easy procedure which takes approximately 30-50 minutes.

Here's what to expect:

1. First we put in a cheek retractor, to keep your lips and cheeks out of the way, and to help keep everything dry.
2. We will gently polish your teeth—this helps the adhesive stick better.
3. A small brush is then used to apply a liquid which prepares the surface of your teeth.
4. The brackets (already prepared with adhesive) are then applied to each tooth. The adhesive is then set with a blue light.

Steps 3 and 4 are repeated until all your brackets are fitted.

5. An archwire is then placed into the brackets. This is held in place with coloured elastics. This archwire moves your teeth so they become straight.

You can choose your coloured elastics. There is a colour chart on the notice board in the upstairs waiting room.

Following placement you will be given instructions on how to care for your new brace.