

Fixed braces consist of brackets which are attached to each tooth. A wire then runs through these brackets and moves your teeth into the correct position. The length of treatment with fixed appliances varies but is typically 18-24 months.

It will take a few days for your mouth to adjust to your new braces. To relieve discomfort in the meantime you can take an analgesic such as paracetamol. Your starter pack also contains some wax, which can be placed over areas of the brace which may be rubbing.

Please read the following care information carefully as it will help you achieve the best possible results and a great smile.

It is important that you clean carefully around your braces to help avoid a build up of plaque and any permanent marks after they are removed. We suggest you brush your teeth twice a day and also ideally after meals. If your gums begin to bleed it is a sign of inflammation and indicates more thorough cleaning is needed.

Take care when eating as any breakages will increase your treatment time. Chewy foods must be avoided and hard foods should always be cut up.

Wearing Elastics

You may need to wear elastic bands to improve the appearance and bite of your teeth. Elastics should be worn 24 hours a day or as directed. Always carry some spare bands with you in case you break one. Change your elastics once a day and only remove them for tooth brushing and when you are wearing a mouth guard. If you run out of elastics please contact your practice.

Missed Appointments

Please try to keep your appointments as it may be a while before you can be fitted in again. This will prolong your treatment and repeatedly missing appointments may result in you being discharged.

For out of hours emergencies call 0788 4435399



Starter Pack for Fixed Appliances

This starter pack includes everything you need to look after your braces and teeth during treatment.

Orthodontic Toothbrush

This toothbrush is designed to brush effectively around your brace. Make sure you change your brush every 3 months. Use the single tufted interspace brush to clean thoroughly around the attachments. Your pack also includes a timer so you can make sure that you are brushing for a sufficient period of time.

Daily Fluoride Mouth Rinse

The fluoride in this mouth rinse will help protect tooth enamel and reduces the chances of your teeth becoming permanently marked or damaged during treatment. You will need to buy a new bottle approximately every 8 weeks until your braces are removed.

Brace Relief Wax

If you experience any soreness from brackets rubbing on your lips or cheeks place a small amount of this wax over the brackets to relieve discomfort.

Spiral brush

Use this brush to carefully clean underneath the wires of your brace.

Disclosing Tablets

These stain the plaque that remains on your teeth after brushing so you can see which areas require more attention. Chew half a tablet for one minute and spread saliva to all teeth and gum surfaces with your tongue. Then rinse your mouth well with water. Areas of plaque will be stained and should be removed with further brushing.

