

Fixed Braces



Fixed braces are made up of brackets and wires. Brackets are small blocks attached to each tooth joined by wires which gently straighten the teeth. Because the brackets are stuck onto your teeth, you won't be able to take the brace off during your treatment.

When the brace is first fitted, it will feel very strange and possibly uncomfortable. The brackets may rub against the inside of your lips or cheeks. Use the brace wax provided to prevent the rubbing which should make it more comfortable.

You may also find that, for the first few days, your teeth ache because of the pressure of the brace. If this is the case, you may find a painkiller helps - the sort of thing you might take for a headache will be fine. If the discomfort lasts longer than a few days, please phone your Total Orthodontics practice for advice.

Fixed braces are very delicate so you mustn't bite into anything hard or chewy because this may break the brackets off the teeth. A broken brace will not straighten your teeth and your brace will have to stay on much longer if it keeps getting broken.

Avoid eating hard foods like crusty rolls, crisps, pizza crusts, toffees or boiled sweets. It's a good idea to cut up hard fruit like apples into small pieces before eating. Please don't chew on pens, pencils or fingernails during your treatment.

You mustn't drink any fizzy drinks during your treatment and you should avoid drinking lots of fruit juice. If you do, your teeth will decay under the braces. Even diet fizzy drinks should be avoided.

Your brace provides food and plaque with more places to hide, so you'll need to be extra careful with your dental hygiene routine. Brushing your teeth three times a day with a fluoride toothpaste is essential. You will also need to use the fluoride mouthrinse every evening to protect your teeth from decay. If you don't look after your teeth while you're wearing your brace, they may become permanently stained.

If you play contact sports like rugby or hockey we can supply you with a specially designed mouthguard to protect your teeth and brace from sports injury. It can be easily remoulded as your teeth straighten.

If you play a wind instrument, particularly the flute or a brass instrument, it may take several weeks for you to adapt to playing your instrument with the brace in your mouth. It should become easier and more comfortable the more you practice.



Your time to shine

Starter Pack



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

Orthodontic Toothbrush

This toothbrush is designed to brush effectively around your teeth, gums and brace. Take your time when brushing.

- Start between the wire and gums and press firmly enough so that the bristles spread into the gaps between your teeth
- Move the brush head around all the teeth then repeat the same process on the other side of the wire
- Now clean all the inside surfaces of your teeth in the same way
- Last of all clean the tops of the teeth

You should change this brush every three months.

Fluoride Mouthrinse

The fluoride in this mouthrinse will help to protect your tooth enamel and therefore reduce the chances of your teeth becoming stained or decayed during treatment. You will need to replace the bottle every eight weeks or so.

Brace Wax

Dry the part of your brace that is rubbing or scratching then cover it with a small amount of wax to relieve discomfort.

Disclosing Tablets

Disclosing tablets stain any plaque that remains on your teeth after brushing so you can see which areas require better cleaning.

- Chew half a tablet thoroughly and spread saliva over all the teeth and gum surfaces with your tongue
- Spit out residual saliva (don't swallow the tablet)
- Check your teeth carefully in a mirror – areas of plaque will be stained
- Now brush your teeth until the stains are removed

For a step-by-step guide on how to care for your teeth and braces please watch our **Looking After Your New Braces** film which can be found in the patient information section of our website totalorthodontics.co.uk.