

# Lingual braces



Your lingual brace is made up of cast gold or stainless steel brackets glued onto the back surfaces of your teeth and wires joining these brackets together. The wires are secured onto the brackets by small elastic rings.

The first four or five days of treatment are often difficult because the brackets and wires will rub against your tongue and your teeth will feel tender.

You may find that a painkiller such as paracetamol or ibuprofen will help to reduce any initial tooth discomfort. Rinsing your mouth with warm salty water may help to ease the tongue soreness.

There is some soft wax in your care pack which can be used to cover any parts of the brace irritating your tongue. If the discomfort persists after a week, please phone your Total Orthodontics practice for advice.

## Eating

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.

You will find that soft foods like soup and pasta are easier to manage and more enjoyable. Avoid eating hard foods like crusty rolls, crisps, pizza crusts, toffees or boiled sweets. It's a good idea to cut up hard food into small pieces before eating. Please don't chew on pens, pencils or fingernails during your treatment.

## Cleaning

Your brace provides food and plaque with more places to hide, so you'll need to be extra careful with your dental hygiene routine. You will need to brush after every meal to remove the small pieces of food that will get trapped in the most awkward places. We advise that you carry a toothbrush with you at all times. You will also need to use the fluoride mouthrinse every evening to protect your teeth from decay. We also recommend that you see a hygienist on a regular basis throughout your treatment.

## Speech

Your speech will be affected to a varying degree and a lisp or whistling sound is common in the first few weeks. Your speech will improve rapidly but you need to practice! The more you speak the quicker you will adjust and the sooner your speech will return to normal. Most patients find that within a few weeks they sound completely normal again.

**Most patients notice movement of their teeth in a few months and by this time you will be amazed by how little the brace bothers you.**



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.

You should change this brush every three months.

## Interdental Brush

Use the interdental brush to clean between the brackets and under the wire. You will need to use your interdental brush after every meal.

## 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.