



Lingual braces

Information to care for
you and your braces

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Lingual braces

What is a lingual brace?

Your lingual brace is made up of cast-gold or stainless steel brackets that are glued on to the back surfaces of your teeth. These brackets are joined together by a thin wire, which is secured on to the brackets by small elastic bands.

How long will it take for me to adjust to wearing my brace?

You may experience some discomfort during the first four or five days of your treatment, due to your brace rubbing against your tongue, and your teeth might feel tender.

You may find that a painkiller such as paracetamol or ibuprofen helps to reduce any initial tooth discomfort. Rinsing your mouth with warm salty water may also 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 contact us for advice.

Will my speech be affected?

Your speech may be affected at first and a lisp or whistling sound is common during the first few weeks. Your speech will improve quickly 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 their speech is back to normal.

Are there any foods I should avoid whilst wearing my brace?

You mustn't bite into anything hard or chewy because this may break the brackets off your teeth. Avoid eating hard foods like crusty rolls, crisps, pizza crusts, toffees and boiled sweets. Also avoid chewing on pens, pencils or fingernails during your treatment.

You will find that soft foods like soup and pasta are easier to manage and more enjoyable. It's a good idea to cut up hard food into small pieces before eating it.

How do I look after my teeth whilst wearing my brace?

Your brace provides food and plaque with more places to hide, so you'll need to be extra careful with your oral hygiene routine. You will need to brush after every meal to remove the small pieces of food that will get trapped in your brace.

We recommend that you carry a toothbrush with you at all times and use a fluoride mouth-rinse every evening to protect your teeth from decay. We also recommend that you see a hygienist and your general dentist for regular check-ups throughout your

For more information on how to keep your smile looking its best visit our website totalorthodontics.co.uk.