

Know your fixed Brace

Do braces hurt?

Some discomfort in the first week is normal. Your teeth will start to move very quickly which is a good thing but this can cause some tenderness. You can help this by taking painkillers you would usually take for a headache. A softer diet will also help as you will not need to use your teeth as much to chew. If the appliance is causing sore areas on your lips or cheeks, orthodontic wax can be used to relieve the discomfort and allow healing.

Your discomfort will reduce significantly after the first week so please persevere

When to be seen?

On average, a fixed brace will take around 18-24 months to complete. This time will depend on the complexity of your case, how well you can co-operate with the brace and if you attend all your scheduled appointments. Appointments are typically every 4-8 weeks.

Eating and drinking

Eat a softer diet as much as reasonably possible. As a rule of thumb, try to minimise chewing with your teeth by utilising your hands and cutlery to cut the food into smaller pieces. When you need to chew, carefully do this on your back teeth. Hard, crunchy, chewy and sticky foods such as crusty bread, toffees, boiled sweets and chewing gum are not allowed as they will cause damage to your braces. Sugary foods and drinks should be avoided. Choose sugar-free versions and water. Fizzy drinks including sugar-free varieties must be avoided as these will cause **permanent damage** or staining of the enamel of your teeth.

Keeping everything clean

Brushing your teeth whilst wearing a brace is not particularly different to how you already brush your teeth but it will take longer. You need to brush your teeth at least half an hour after every meal for at least 6 minutes. We will recommend that you buy a Fixed Brace Starter Kit today that has all of the tools you will need for perfectly clean teeth and braces.

You should use a special orthodontic toothbrush (manual or electric) to clean your teeth, around your brace and along the gum-line. Afterwards a special interdental toothbrush should be used to clean the small spaces in between the brackets, teeth and the wire. Fluoride mouthwash should be used in between brushing and before going to bed.

Sports

A specially designed mouthguard for braces that protects the entire brace must be worn during all contact sports. This is available to purchase at the reception.

Breakages

Each time a breakage occurs it can prolong your treatment time. Try to identify the problem (broken bracket, wire out, etc.) before calling us to allow us to offer you appropriate advice or appointment. This may avoid an unnecessary and inconvenient visit for you.

And if you have any problems?

Please do not hesitate to ring the practice if you have a problem of any kind. We can assess over the phone if you need an emergency appointment or whether you can wait until your next routine visit.

Please be aware that you need to carry on seeing your general dentist for exams throughout your orthodontic treatment. We are not your dentist and will only look after your orthodontic treatment.