

Newbury Orthodontic Centre
34 Stanley Road, Newbury Berks RG14 7PB
Tel: 01635 528830
Web: www.newbury-orthodontics.co.uk
Email: appliance-care@newbury-orthodontics.co.uk
Principal: Mr W Y Mak

CARE OF YOUR FIXED BRACE

1. Expect your teeth to feel a bit tender and loose for the first few days. A pain killer e.g. Paracetamol may be used if necessary.
2. The brackets may cause irritation and ulcers to your lips and cheeks for the first week or so. You can use the wax pack provided to help you get used to it. Cover the offending bracket or wire with a small ball of wax after **drying** the brace with tissue. This will give the soft tissue a chance to get used to the presence of the brace.

Keeping your teeth clean

1. Poor oral hygiene will lead to gum swelling, bleeding, white decalcification marks on the front teeth which are not removable, and frank tooth decay.
2. To prevent this, it is your responsibility to keep your teeth clean throughout treatment. Brush thoroughly twice a day with a soft toothbrush.
3. Press the bristles at an angle to contact the tooth surface from above and below the wire, and into the margin between the tooth and gums. Without removing the toothbrush, perform a small scrubbing movement to clean all the corners and crevices to remove the plaque.
4. Use a fluoride mouthwash after brushing every night before going to bed. This helps to strengthen the enamel against decay but is not a substitute for good tooth brushing.

Food

1. Minimise all forms of food that may cause decay, such as sweets and fizzy drinks, not just the amount but also the frequency of intake.
2. Avoid sticky and hard foods which may detach or damage your brace.

Breakages

1. If your brace is broken or loose, please phone the practice during surgery hours to see if you need to arrange a repair appointment. In the mean time, any wire that has come out of the back tube can be tucked under the back hook and stuck down with wax to minimise irritation.
2. Please avoid habits such as pencil and finger nail chewing. Repeated breakages will prolong your treatment.

Please continue to see your own dentist for regular check-ups.