

# The Orthodontic Practice

*Smile with Confidence*



## INSTRUCTIONS FOR PATIENTS WEARING A FIXED ORTHODONTIC APPLIANCE

Success in your treatment depends very much on co-operation. Please read and follow these instructions carefully.

### GETTING USED TO YOUR BRACE

You are wearing an appliance, which is fixed to your teeth and is not to be removed.

During the first few days your teeth may be tender. This should soon improve and you will quickly get used to the brace. If the discomfort persists or if these teeth become increasingly painful at any time during treatment, please telephone the surgery.

### CLEANING

It is essential that your teeth, gums and appliance should be kept perfectly clean. After every meal and before going to bed for the night, brush your teeth and gums carefully using a toothbrush and fluoride toothpaste.

It is also recommended that you use a daily fluoride mouthwash. The brace itself will not cause damage to your teeth, but food debris left around the appliance may cause decay or gum disease.

YOU MUST AVOID all fizzy and sugary drinks and concentrated fruit juices. Also sweets and all sticky foods especially chewing and bubble gum, toffees and also very hard foods, as these will damage the appliance. Think about what and how you chew; consider cutting apples etc into small pieces before chewing.

### PROBLEMS

Treat the appliance very carefully as breakages prolong treatment. If you should break your appliance or if it becomes loose, keep any pieces and contact the surgery for advice as soon as possible during normal working hours - DO NOT WAIT UNTIL YOUR NEXT APPOINTMENT.

The use of elastic bands is a very important part of some appliance treatments. If you are instructed to wear elastics, make sure you know their size, understand their position in the mouth and the frequency of changing to fresh elastics. Never vary the routine on your own account. Make sure you have a sufficient supply of elastics, especially before holidays. Report immediately if there are any difficulties.

### IF YOU MISS AN APPOINTMENT

If you are unable to keep an appointment contact the surgery immediately.

If you miss your appointment we will wait for you to contact us to reschedule.

Active appliances must never be worn for long periods without supervision.

### DENTAL TREATMENT

Go to your dentist for regular check-ups and routine treatment.