

Fixed braces

- The Brace will be painful for the first 2 days, until you get used to it.
- As the teeth begin to move they will be sensitive, especially when eating.



These are the points you must always remember!

- Avoid hard or sticky sweets - no toffees, but chewing gum is allowed!
- Never bite directly into hard foods - for example, cut carrots or apples into mouth-sized pieces before eating.
- Avoid chewing on pen ends, or putting them in your mouth.



Useful gadgets

- If an arch-wire or bracket is irritating/pricking, just put some wax on it. You can always take some wax home with you, free of charge.
- Oral irrigators and mouth rinses [such as Chlorhexamed] help and cure inflammation.



Toothbrushing

- It is very important to clean the outer surface of the teeth, especially those areas between the brackets and gums. Always clean the gums too.
- The best way of reaching all your teeth is to make sure the chewing surfaces meet, part your lips and clean the outer surface of the teeth.
- Clean under the brace wires by placing the toothbrush bristles between the brackets and under the wires themselves.



When in pain

- Eating ice cream or something cold will help.
- If you are suffering badly, then just take a pain killer [for e.g. Paracetamol].

Please contact us immediately if the brace becomes loose or is damaged in any way!



- A successful treatment in a planned period of time depends on the following factors!

Keep your teeth and gums clean!

- Brush your teeth 3 times a day, especially after meals and snacks
- Look in the mirror to make sure that your teeth have been properly cleaned
- Is your gum pink and not bleeding?



Appointments!

- Attend appointments as advised, so that your treatment doesn't take longer than necessary
- Please contact us immediately, if your brace is damaged in any way



Avoid hard, sticky foods!

- No toffees
- Avoid hard, sticky sweets
- Do not bite into, for e.g. apples, carrots. Cut them small first



Success!

- Working together is really important
- Wear your brace as planned just for you



- Beautiful even teeth – for a lifetime!

