

Instructions for your block brace

Information for patients

Now that you have a block braces, you may have some questions you would like answered. The aim of this leaflet is to answer these questions.

It is likely to feel strange for the first few days. Your teeth may also feel tender and muscles in your cheeks ache a little- this is normal and will wear off with time. You can gradually build up the number of hours you wear your braces initially.

In the next couple of weeks, once you are used to the braces, you will need to wear it all the time. The braces should ideally be worn all the time (day and night). Keep your lips together as much as possible while you wear your braces – this helps them to work to correct your teeth.

You should be able to eat and speak normally although this may take a couple of days to get used to after the brace has been fitted. If you are struggling to eat with the brace in, feel free to remove and enjoy your meal. If you do plan to keep it in while eating/drinking, then make sure to avoid hard and sticky foods and hot/fizzy drinks.

You will need regular orthodontic appointments during the treatment, but it is also important to keep your routine check-ups with your general dentist.

The only time you should take it out is to clean your teeth/ braces and this should be after every meal and last thing at night. It is important to keep your teeth and braces very clean to help avoid damage occurring to your teeth. You can use your normal toothbrush and toothpaste for this, but do not use warm/hot water to clean your brace.

You should definitely take your brace out during any contact sports/swimming. Remember to keep them in a strong box for protection, when not worn

Your braces will only work when it is worn as instructed.

If you have any problems with your brace, inform us as soon as possible. There will be a charge for lost braces, so please look after your brace.

