

Instructions for your fixed brace

Information for patients

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

Will it be painful?

It is likely to be sore for about 3-5 days each time the brace is adjusted. If necessary, painkillers that you would normally take for a headache may help. (Please read the instructions on the packet). If the brace rubs your lips or cheeks, we will give you wax and instructions on how to place this over your brace



Can I eat normally?

Yes, you should be able to eat normally. However, for your orthodontic treatment to work well and in the shortest possible time, it is important you take care of your teeth and brace. For diet, we advise:

- Water (still) is the best drink for your teeth. Reduce the frequency of sugary foods.
- Avoid fizzy drinks (even diet varieties) and natural fruit juices as these are often high in sugar and can be acidic.
- Healthy foods to eat between meals includes wholemeal bread, plain cheese, dry crackers, breadsticks, fruit and vegetables.
- Avoid crunchy, hard or sticky foods - these may break your brace. Some foods like apples may need to be cut up into smaller pieces.
- Try to avoid chewing pen lids and biting your nails.



What about tooth brushing?

It is important that you brush your teeth well, every morning, night, and every time you eat. Remember to use small brushes to get in around your brace and after brushing spit, but do not rinse with water. You can also use a fluoride mouthwash at a different time to brushing.



If your brace breaks, phone up the practice and we will try to see you as soon as possible to get you out of discomfort. We might only be able to repair your brace at your next scheduled orthodontic appointment.