



Care Instructions for Fixed Appliances

You are now the proud wearer of a fixed appliance. As the name suggests it is fixed onto your teeth with a special dental glue. The fixed appliance works because we place a bracket onto each tooth. The wire which runs through each bracket is held on by a small elastic band, this makes the teeth move.

If you look after your brace your treatment will be quicker.

Cleaning

It is now extremely important that you keep your teeth and appliance spotlessly clean. A normal adult size medium toothbrush will remove all food and plaque from the teeth and appliance if used thoroughly at least twice a day (an electric toothbrush is also acceptable if you prefer). Gentle persistent brushing must be used. You must not use high force when brushing as this can permanently harm gums. As an extra, an interspace brush will allow you to clean in between each tooth, bracket and wire. We recommend that you use a fluoride mouthwash every day to help strengthen the enamel of the teeth, use this at a different time of day to brushing.

The mouthwash must contain fluoride, but not Chlorhexidene as this will cause staining. Disclosing tablets are a useful way of checking if your brushing technique is good enough. All these items are available from chemists.

Diet

You now have to take extra care with the types of food and drink you consume. Try to eat just 3 meals a day. Avoid acid containing drinks at all times and avoid all sugar between meals, otherwise you will get permanent marks on your teeth. Sugar and acid can be hidden in foods so read the labels. Any fizzy or tangy drinks contain sugar and acid. We also recommend not having fruit juice as they are very high in sugar and acid. Hard foods must not be bitten into, but cut into small pieces and eaten on the back teeth. Sticky foods, e.g. toffee, chewing gum, etc. are banned, as anything sticky will pull the brackets off the teeth and distort the wire. Be aware that some foods can stain pale coloured elastics (modules), i.e. curry, spaghetti bolognaise and chilli. If this is a concern for you, perhaps have these meals just before an adjustment appointment when your coloured modules will be changed.

Aches and Pains

For the first few days your teeth may ache, as the teeth have not been asked to move before! A painkiller e.g. a Paracetamol tablet can be taken if this becomes unbearable. Occasionally part of the appliance may rub the inside of your mouth causing soreness. If this happens please use the wax you have been given by rolling a small piece into a ball and placing it over the bracket/wire that is rubbing. If you need more wax, phone the surgery and we will be happy to post some more to you. Try not to play with the appliance using fingers, pencils, etc. as this could break the brackets and make the treatment take longer to complete.

Appointments

Your fixed appliance needs to be adjusted regularly, about every eight to ten weeks. **Please ensure you keep all appointments given to you, if you are unable to attend any appointment, please contact the clinic as soon as you know that there is a problem (please note that appointments may be in school hours).** The treatment can take about two years to complete. This can be longer if you do not follow the care instructions

given to you. Failure to attend appointments can result in the brace being removed. We cannot be held responsible for an unsupervised appliance, which may cause harm to your teeth and gums.

Headgear and Elastics

At some stage during your orthodontic treatment it may be necessary to ask you to wear extra pieces to your appliance such as headgear or elastics. It is very important that you follow the instructions of your orthodontist precisely during this time.

Problems/Queries

If you experience a problem i.e. a bracket becomes loose or a wire digs in or have a query with any part of your appliance during treatment, do not wait for your next appointment, contact the clinic immediately (01329 284419). You will then be advised on what to do.

Sport/Hobbies

If you play a contact sport, e.g. football, rugby, etc. it is a good idea to wear a mouth guard. These can be purchased from sports shops and are moldable so that you can adjust it throughout treatment. If you play a wind musical instrument, you may find that the appliance affects your playing ability slightly. Please discuss this with the orthodontist.

End of Treatment

When your teeth are straight and your bite is correct the orthodontist will remove the brackets from your teeth. You will then need to wear removable appliance(s) called retainers, every evening and night. The retainers keep your teeth in their new position. This part of the treatment is as important as the fixed appliance stage as it ensures the bone and roots of the teeth stabilize. You must continue to wear the retainers every night until the age of 20 years and then at least three times a week long term, to guarantee that the teeth do not move as you get older. *****Charges will apply for replacement retainers*****

YOUR ATTENTION IS DRAWN TO THE FOLLOWING

The attached dental appliance is a "CUSTOM-MADE DEVICE". Skill-Tech Dental Studio has manufactured this dental appliance to satisfy the attributes, characteristics, properties and features, specified on the dental appliance prescription – by the prescribing clinician – for the named patient. This dental appliance is intended for **exclusive use by this patient and conforms to the relevant essential requirements** in Annex 1 of the Council Directive 93/42/EEC 14th June 1993 Concerning Medical Devices, enacted in the United Kingdom by the Medical Devices Regulations SI 1994 No 3017.

It is very important that you carry on with routine dental check-ups, fillings, etc with your general dentist every six months whilst undergoing orthodontic treatment.

BDA Good Practice
Member