

Taking care of your fixed appliances is very important. You must clean your teeth thoroughly and be very careful not to break your brace.

CLEANING:

1. Use your orthodontic toothbrush to go across at the front of your mouth and backwards and forwards at the sides i.e. **ALONG** the archwire. Clean the teeth in each jaw separately.
2. Use the small interdental toothbrush to clean any remaining plaque off your teeth. Concentrate on the area between your gums, the brackets and underneath the archwire.
3. **ALWAYS CLEAN AFTER EVERY MEAL AND BEFORE YOU GO TO BED.**
4. Use toothpaste which has fluoride in it.
5. Using a fluoride mouth rinse or fluoride gel is advisable. These should be used last thing at night.

EATING:

You must be careful with what and how you eat. You must avoid anything too hard or sticky i.e. toffees, chewing gum, crusty bread, nutty breakfast cereals, and hard biscuits. You must also stay away from fizzy drinks because the high sugar and acidity can cause permanent marks on the teeth.

From now on, all food, even things you think are soft, **MUST** be cut up first into small pieces and chewed gently on your side teeth. Most of this is common sense but remember to think before you eat something. A breakage can put treatment time back and mean that your braces will be on longer than necessary.

PROBLEMS:

After your brace has been fitted, your teeth will feel tender, this is normal. Mild painkillers such as Paracetamol or Ibuprofen will help. If brackets or bands rub your lips and cheeks, you may need to use brace relief (wax), which is available in the office. Your teeth may feel wobbly, **DO NOT WORRY**, this is normal.

BREAKAGES:

If you break your brace, please give us a call immediately unless your next appointment is within a day or so. Always keep any bits that come off and bring them with you to your appointment. Try not to break your brace. Remember, breakages mean longer treatment. You will still need to attend routine check up appointments with your dentist during your orthodontic treatment.

If you have any problems or questions,
please do not hesitate to call our office at (215) 223-5555. Thank you!