



INSTRUCTION FOR FIXED BRACES

"keep it clean"; "don't eat sticky or hard food" and "don't break it"

It is important that diet and oral hygiene is strictly controlled to minimise decay/marks on the enamel, gum disease and breakages of the braces. If the brace is not cared for properly, the braces may need to be removed to prevent unnecessary damage to your teeth.

So how do you actually look after your brace?

The following are some tips with photos and video of how to care for your brace. I hope you find it useful

What to eat/not eat:

Be careful when eating - Avoid chewing with your front teeth and use less force when chewing as this may cause the brackets to break off.

Consider eating a healthy diet. Foods to consider for the duration of the treatment, with the emphasis being on eating a soft food diet, include vegetables, meat, fish, pasta and rice dishes. If the food needs chewing, cut the food up into small pieces and to chew gently with the back teeth.

Avoid sugary foods, including sweets, toffees, chocolates, chewing gums and fizzy drinks. Less obvious foods to avoid include are hard/tough foods eg toast, crusty bread. Be careful when biting into 'hard' fruit such as apples.

Brace & teeth cleaning

It will take much longer and more care to clean your teeth with a fixed brace. Use your toothbrush angled up to clean the edges of the teeth and under the wire and brackets of the brace. Then use the brush angled to clean the gums and again around the brackets. Do use disclosing tablets/ solution (food colouring is an alternative) every so often to help you see the plaque and see where you have missed. To use disclosing tablest - crush them between your teeth and sloosh it around your mouth for 10-120 seconds, then rinse out and see where the plaque is.

Use the spiral end of the orthodontic toothbrush (or use a single tufted brush or Interdental brushes) to clean under the wire and between the teeth and brackets. This is the most difficult area to clean and takes the most time. It is essential to clean the teeth and brace properly to prevent decay and marks on your teeth.

Broken & Sharp bits

Initially your teeth will feel slightly sore as they get used to the brace and the teeth start to move. This is normal, it usually takes 7-10 days to get fully used to having the brace on your teeth. If necessary, use mild pain killers eg paractemol or aspirin.



The brace may cause a few rubs and irritate the cheeks and tongue until you get used to it. Use brace relief wax (or Brace-Eze) if required. If the brace is rubbing or feels sharp use the wax to relief the problem.

Pinch a small 'pea size' piece of wax and roll it between your fingers to soften it. Dry the brace as best as possible and mould the wax on to the part of the brace causing the problem. If the brace has caused an ulcer, use warm salty water as a mouthwash 2-3 times a day to help healing. There is a more sticky version of wax called 'Brace-Eze' which is used in the same way as wax.