

Instructions for wearing your fixed orthodontic brace

Your orthodontic treatment has now started and you will have been fitted with a fixed brace to straighten your teeth and correct your bite.

This leaflet has been prepared to give you advice and information on how to care for your teeth and brace whilst undergoing treatment.

It is important to follow these instructions to protect your teeth and to allow treatment to progress smoothly.

1. The brace is fixed to your teeth and cannot be removed except by a dentist. Please remember to attend your appointments so your brace can be checked and adjusted. This will ensure smooth progress of your treatment.
2. The brace is delicate and should be treated with care. Ordinary food can be eaten, but avoid hard foods such as nuts and very crunchy bread; apples should be cut up. Sweets (such as toffee) and sugary chewing gum must not be eaten. Eating the wrong types of food can damage your brace and delay your treatment.
3. Certain foods and drinks can also increase the risk of damaging your teeth under the brace. Avoid fizzy drinks (including diet versions) and energy drinks as they contain excessive sugar and acid. It is also important to reduce the amount of sugary snacks you eat especially in between meals.



4. Failure to clean the brace and teeth correctly may also cause stains and damage to your teeth. **These stains are permanent and cannot be bleached or polished away.** The brace and teeth must be cleaned with a toothbrush and fluoride toothpaste two/three times a day. Care must be taken to remove food and debris from around the brackets and under the wire. Use a normal toothbrush as well as an interdental style brush to clean all surfaces of your teeth and gums as well as around the brackets. Examples of brushes can be seen here:



5. In addition a daily alcohol free fluoride mouthwash (0.05%) is recommended once a day. It is important that it includes 0.05% sodium fluoride as an ingredient. Example of mouthwashes are shown below:



6. When fitted, the appliance may cause some discomfort for 3-5 days. If necessary, simple painkillers should help – please read the instructions on the packet. If the brace rubs your cheeks and lips, you can use some wax to help with this. Place the wax over the part of the brace that is rubbing as instructed by your orthodontist.
7. If any parts become loose or cause discomfort, please contact the department as directed to make an additional appointment.
8. It is important to see your regular dentist for check-ups during orthodontic treatment to check your teeth for tooth decay and gum disease.

Who to contact in case of problems with your brace?

For brace problems please telephone the orthodontic secretaries on **(01392) 402218, 404751 or 405040**.

Out of hours or when the office is unmanned, please leave a message on the answer phone and we will call you back. Please let us know the name of the patient, date of birth or hospital number and a telephone number to return your call.

Please note the department is closed on weekends and bank holidays.

Should you need to confirm or change an appointment telephone the choose and book office on **(01392) 406921 or 406923**.

The Trust cannot accept any responsibility for the accuracy of the information given if the leaflet is not used by RD&E staff undertaking procedures at the RD&E hospitals.

© Royal Devon and Exeter NHS Foundation Trust

Designed by Graphics (Print & Design), RD&E