



## Instructions for your fixed braces

- Your teeth will ache for the first 2 - 3 days. If they are sore you can use painkillers to get rid of it, ibuprofen is accepted to be the most effective
- Your braces may also rub a bit on the inside of your lips or cheeks. This can cause ulceration and can be painful.. You will have been given some wax to relieve this. Tear of a piece the size of a small pea, roll it and flatten it into a pancake shape and squash it onto the bit of the brace that is rubbing you. This will make it more comfortable and allow the ulcer or sore spot to heal. Generally wax is only needed for the first week or so.
- Within a few days your teeth will feel loose and wobbly. Don't worry about this, it always occurs as the teeth start to move, they will go back to normal on removal of the braces.
- Keep your teeth clean. A normal tooth brush and normal fluoride toothpaste is perfectly adequate if they are both used well twice a day.
- Watch your diet. Avoid snacking between meals. Eat at mealtimes only, this includes not only sweets and crisps, but also fizzy pop. Snacking is bad for your teeth even without braces, but when braces are on it can cause terrible permanent damage to your teeth.
- Try not to break your braces. The little brackets are only lightly glued on to your teeth so they can be easily removed at the end of treatment. The upshot of this is that if you bite something hard it can easily knock the brackets off. Avoid biting into hard foods, apples, carrots French bread, pizza base etc.
- If anything breaks - call us! It is very important to get any breakages fixed immediately or the tooth to which the bracket was attached will wander off and mean we need to start again to pick it up. This can add months to your treatment.