



CARE AND FITTING OF YOUR FIXED BRACE

How do I clean my teeth?

- Regular and careful brushing of your brace is essential. Neglecting this may lead to permanent marks and stains or even decay. It may also lead to swelling to the gums, which could lead to gum disease.
- Use a good quality toothbrush with a small head with soft bristles. Change the brush regularly.
- Brush thoroughly at least twice a day, and if possible after meals. We recommend brushing should last 3-4 minutes if thorough.
- Clean all the surfaces of the teeth, including over the top of the braces. Pay particular attention to the area where the teeth and gums meet (gumline), as this is where most of the plaque and food debris collect.
- The use of a fluoride mouthwash helps to strengthen the enamel making it more resistant to decay.

Why not watch our 'How to Take Care of Your Braces' video by simply typing in 'Orchard Orthodontics' in to Youtube?

(<http://www.youtube.com/watch?v+JlBzfclZsl>)

Can I drink and eat as normal?

- Certain food can break the brace and so care is needed when eating.
 - AVOID very sticky foods such as toffees or chewing gum
 - AVOID very hard foods such as crusty bread, hard crusty edges of pizzas, nuts
- AVOID biting directly in to hard foods as this may break the brace. Hard fruits such as apples need to be cut into small pieces before chewing.
- AVOID eating sugary snacks in between meals such as chocolate or fizzy drinks.

What should I do if my brace breaks?

- Repeated breakages due to carelessness can prolong your treatment.
- Repeated breakages due to carelessness can result in NHS treatment being terminated.
- If a bracket or band comes off or becomes loose, please call the practice for a repair appointment. (please note, repair appointments will be subject to availability).
- Please bring the part of the brace that has been broken in to your appointment so that it can be repaired.

Should I still see my own dentist?

- It is still important to visit your own dentist for regular check-ups throughout your orthodontic treatment.

How often do I need to come back to the practice?

- You will need to attend the practice regularly for routine appointments to adjust the brace.
- The appointments are usually every 6 weeks and approximately 15 minutes long, but this varies depending on the stage of treatment.

Cancelling or changing your appointments

- If you need to change your appointment, please give 24 hours notice.
- Repeated failure to attend appointments can result in NHS treatment being terminated.
- Although we try to be flexible with appointment times, these will be subject to availability. The majority of appointments will be during school times.
- We will make every effort to avoid changing your appointment, but we regret occasionally this may happen due to unavoidable circumstances.

**Please remember, if you have any queries or problems please do not hesitate to contact us on
0208 649 7500**