

INFORMATION SHEET 1 – FIXED BRACES



Fixed braces are made up of brackets and wires, brackets are small blocks attached to each tooth joined by wires which gradually straighten the teeth. As the brackets are stuck onto your teeth, you won't be able to take the brace off during your treatment.

When the brace is first fitted, it will feel strange and possibly uncomfortable. The brackets may rub against the inside of your lips or cheeks, if this does happen use brace wax to prevent the rubbing which should make it more comfortable.

You may also find that for the first few days your teeth ache because of the pressure of the brace, a pain killer that you would take for a headache will help.

You will need to look after your teeth and your fixed braces so we would recommend that you:

- Maintain a good standard of oral hygiene
- Cut up foods such as apples, crusty rolls and pizza crust - you may break your brace if you bite into them
- Avoid eating toffees, sticky sweets and chewing gum
- Limit fizzy drinks, including diet brands and fruit juices

If you don't look after your teeth while you're wearing your brace, your treatment can be stopped as your teeth may become permanently stained.

If you play contact sports like rugby or hockey you should purchase a mouthguard to protect your teeth and brace from injury.

To assist you with your oral hygiene while you have your brace we recommend our 'Oral Hygiene Starter Pack' which has everything you will need to look after your teeth, gums and braces during treatment, it includes:

Orthodontic Toothbrush

This toothbrush is designed to brush effectively around your teeth, gums and brace

Interdental brushes

Use these to clean around the brackets on your teeth

Fluoride Mouthwash

The fluoride in this mouthwash will help to protect your tooth enamel and reduce the chances of your teeth becoming stained or decayed during treatment

Brace Wax

Dry the part of your brace that is rubbing or scratching then cover it with a small amount of wax to relieve discomfort

Instructions

A leaflet on how to care for your teeth and fixed brace

What do I do if I have a problem with my brace or it has broken?

While true orthodontic emergencies are rare, occasionally a minor problem can occur. Only the most severe emergencies may require immediate attention by an orthodontist, the majority of these are easily treated at your adjustment appointment. Below are examples of problems that may be encountered and the remedies you can try at home for them:

Poking wire

Early on in treatment as the teeth start to move, it is possible for the wire to protrude from the back bracket and irritate the mouth. To alleviate any soreness caused by this you can firstly try using a cotton bud or pencil eraser to push the wire so that it is flat against the tooth. If the wire cannot be moved into a comfortable position the problem can be solved by taking a nail clipper and snipping the wire as close as possible to the brace. If you are unable to cut the wire, place some orthodontic wax on it will help to keep you comfortable, see illustrations below.



Wire out of a Brace

Just as a wire may protrude from a brace early on in treatment it is possible for a wire to come out of a bracket. The solution to this problem is to simply reinsert the wire in the brace using a pair of tweezers.



Bracket off of tooth

If one of the brackets becomes comes off the tooth and is still attached to the wire, slip the bracket along the wire and butt up against another bracket.