

## What will happen when my fixed braces are fitted?

Firstly, fitting the braces does not hurt!



1. The teeth are gently polished



2. Cheek retractors are put into your mouth together with a very small suction tube to take away excess saliva.
3. The teeth are then painted with etch (a liquid that has a bitter taste) this prepares the teeth for the brackets.



4. The etch is then washed off and the nurse will use a suction tube to suck the water away.



5. Square brackets are glued onto the teeth



6. The nurse will shine a blue light onto each bracket which will set the glue.

This takes about 10 seconds per tooth.



8. The orthodontist will then thread a wire through the brackets and places modules or wires around the brackets to hold the wire in place.



9. That's it - your brace is fitted

Your teeth will probably feel tender for a few days after the brace is fitted, if you find it's too uncomfortable you may wish to take over-the-counter painkillers such as paracetamol. Until you get used to your brace it may rub your lips or the inside of your cheeks, if it does use orthodontic wax, this can help to ease any discomfort (available to purchase from our reception).

### Things to remember

- You need to keep your teeth **very** clean while you have your braces - **We recommend that you purchase one of our oral hygiene kits to get you started**
- Avoid eating toffees, sticky sweets and chewing gum
- Limit the amount of fizzy drinks and fruit juice that you drink
- Cut up hard foods which might damage the brace like apples, crusty rolls and pizza crust

### Does it hurt when the braces are taken off?

Having your braces removed is usually the highlight of the whole experience for our patients. When you have your braces removed, which again is painless, the orthodontist takes out the wire and remove the brackets from your teeth. After the brackets are removed, the orthodontist will make sure that all of the glue has been removed that was holding the brackets on and polish the teeth.

The orthodontist will then take an impression of your newly straightened teeth so that retainers can be made for you, they will be fitted a couple of days later. The retainers are a very important part of your treatment so you must wear and look after them.

**If you have any questions or concerns please ask a member of our staff**