

Congratulations on having your fixed brace fitted!

Now you have had your fixed brace fitted it is important that you follow our care instructions to ensure that your treatment goes as smoothly as possible. Failing to adhere to our instructions can result in the teeth not moving in the right direction and damage to your teeth. We recommend that you purchase our cleaning kit which we sell at reception for £12. This kit will contain all the brushes and accessories that you need to look after your brace.

At Colchester Orthodontic Centre we advise:

### Cleaning:

- You must keep your teeth and brace clean at all times. Failing to do so can lead to unsightly permanent marks left on the surfaces of the teeth which can never be removed.
- You must brush your teeth and brace every morning, evening and after every meal for 4 minutes at a time (2 minutes on the teeth and 2 minutes on the brace). We understand during the day at school/work it may be hard but we advise you keep a travel toothbrush on you and keep them as clean as you possibly can, if your struggling during the day then we recommend you clean them as soon as your home.
- Our starter pack kit contains, a travel toothbrush, orthodontic manual brush, mouthwash, a timer, plaque disclosing tablets, wax and a handheld mirror which you can carry on you at all times. We recommend you clean your teeth as normal and use tepe interdental brushes to get in and around all aspects of the brace as shown today by your orthodontic nurse. If you have an electric toothbrush at home you can use this whichever you would prefer is fine. A fluoride toothpaste must be used at all times and it is recommended you rinse with a fluoride mouthwash once a day just before you go to bed at night. Please ensure the mouthwash you use contains 0.05% fluoride in it.
- We advise you avoid fizzy drinks and cordials that contain sugar as these are extremely damaging towards the teeth as an excessive intake in these can result in permanent markings left on the surfaces of the teeth known as decalcification. The occasional drink is ok however we advise if you do need to have the odd fizzy/sugary drink we recommend you have them at meal times but you must ensure you clean your teeth straight away after.

### Breakages:

Breakages to the brace can hinder treatment and increase your treatment time so we advise that you look after your brace. To prevent any breakages from happening we recommend you do the following:

- Avoid chewing gum, boiled sweets, mints, sticky toffees, crunchy foods and any other foods that are hard and can cause damage to the brace. Crunchy foods such as apples and raw carrots must be taken with care, its not to say you can not have them but you just need to ensure these are cut up into smaller pieces to prevent any breakages to the brace.
- Playing with the brace, chewing pens and biting nails can also break the brace therefore we advise that you avoid doing this to prevent any breakages.

Throughout your orthodontic treatment you may experience some problems with the brace such as a loose bracket or a long wire catching the inside of your cheek. If this arises and it does not cause you any pain or discomfort it is ok to leave it until your next appointment. If you are in pain or discomfort please do not hesitate to contact us where we can arrange an emergency appointment for you to be seen within 48 hours. If you are unable to attend the practice to see us we advise you can try using wax to cover the area of your brace to relieve you from discomfort until you can come and see us. If you find your brace is causing any irritation and you develop an ulcer or cut in your mouth we recommend you use the orthodontic wax, this will act as a barrier and will protect the area from any further irritation. If the irritation persists after a few days please contact the practice.

If you have any other concerns regarding your fixed brace please contact us on **01206 756210** where we will be happy to discuss these with you.