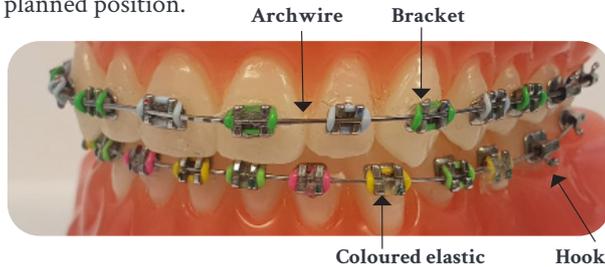


Fixed Braces

Patient Information

Fixed braces consist of metal or ceramic brackets attached to each tooth with dental glue. A wire connects the brackets and applies a force to move the teeth into the correct planned position.



Will fixed braces hurt?

It can take a few days (or occasionally weeks) for your mouth to adjust to your new braces - to relieve this initial discomfort you can take a painkiller such as paracetamol or whatever you normally take for a headache. Some patients find holding iced cold water in their mouths can help take away some of the pressure from the wire pushing the teeth.

What about rubbing and ulcers?

Your brace care pack (which you are invited to purchase at the start of treatment) contains wax, which can be placed over any areas of the brace which may be rubbing. Be sure to dry the area carefully first then apply a pea sized amount. If the problem persists or there is a long wire or broken bracket you may need to contact us for an appointment.

What about tooth brushing?

It is essential to look after your teeth and braces during treatment to avoid damaging your brace (which will make treatment take longer) or permanent stains or holes appearing in the teeth (see photos below). This means that not only do you need to use the brushes in the care pack as instructed twice a day (for at least five minutes!) but also avoid hard, chewy or sticky foods and sugary drinks (especially energy drinks). You will be shown how to use the brushes correctly by a member of the team. Remember, if your gums begin to bleed it is a sign of inflammation indicating more thorough cleaning is needed.



Damage to teeth from poor brushing and diet during brace treatment.



Swollen gums from poor brushing during brace treatment.

Will I need to wear anything in addition to the fixed brace?

It may be necessary for you to wear elastic bands between the upper and lower braces at some stage during your treatment. These are worn inside the mouth during the day and night, including at mealtimes.

Do I need to avoid certain foods?

You will need to change some of what you eat to avoid problems such as breaking the brace or permanent holes in the teeth.

As a general rule you should:

- Avoid sugary snacks drinks between meals and at bedtime.
- Avoid sticky, chewy or hard sweets, mints and chewing gum.
- Avoid fizzy drinks (including diet, sports and energy drinks) and large amounts of fruit juice.
- Hard or chewy foods - such as apples, carrots and crusty bread - can damage your brace. Avoid them or cut them up first.

How often will I need an appointment?

You will need regular appointments (usually every 8 weeks) during treatment for the brace to be adjusted.

What do I do if my brace breaks?

Ring up for an appointment as soon as is reasonably possible. Do not wait for your next routine appointment as the breakage may slow your treatment, or result in damage to your teeth. If you repeatedly break your brace, your treatment may need to be stopped early.

What happens if I miss an appointment?

Please try to keep your appointments as it may be a while before you can be fitted in again and this will delay your treatment. This will prolong your treatment and repeatedly missing appointments may result in you being discharged.

Will I need to wear another brace once my treatment has finished?

Once your fixed brace has been removed you will need to wear a retainer to prevent the teeth moving back - you will need to wear a retainer on a part time basis for as long as you want the teeth to stay straight.

What about my family dentist?

It is essential to keep seeing your family dentist for routine care and checkups during your orthodontic treatment.

What if I play contact sports?

You may need to wear a gum shield over your braces - there are a number of options. Please ask for details and prices.

Do I need any special equipment or toothpaste?

Your brace care pack contains everything you need and is purpose made for orthodontic patients. Overleaf you will find information on how to use each of the items in your brace care pack. We are proud to offer a wide range of brace care products including our unique zero-plastic range via our online shop (see below).



Fixed Braces

THE NORTH'S LEADING SPECIALIST  **invisalign** CENTRE FOR ADULTS AND TEENS
PROUD TO BE WORKING WITH  **KIDSCAPE** TO HELP KEEP CHILDREN SAFE FROM HARM



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queenswayorthodontics.co.uk | bracebrushes.co.uk | [@queenswaybraces](https://www.instagram.com/queenswaybraces)

Looking after Fixed Braces

Orthodontic Care Pack

The contents and instructions for use are described here:

Interproximal conical brushes (short blue/pink and white handles)

Twice a day use these brushes around all the brackets, behind the wire and between the teeth first - can be used with toothpaste.

Interspace brush (single round bristle)

After the conical brushes, use this slightly larger brush in the bigger spaces and behind the teeth and larger gaps behind the wire - can be used with toothpaste.

Orthodontic access toothbrush

This toothbrush is designed to brush around and over your brace and should be used last to brush all the surfaces of the teeth and gums using gentle movements and pressure - must be used with toothpaste.

Remember you should replace your toothbrushes at least every 2-3 months to keep them working effectively.

Daily fluoride mouth rinse

The fluoride in this specially formulated mouth rinse is essential to help protect tooth enamel and reduce the chances of marks or damage to the teeth - use daily according to the instructions on the bottle.

Orthodontic toothpaste

Specially formulated for orthodontic patients with the correct concentration of fluoride as well as ingredients to help relieve discomfort and soreness.

Brace Relief Wax

If you experience soreness from brackets rubbing on your lips or cheeks dry the area carefully and place a small amount of this wax over the brackets to relieve discomfort. It is non-toxic and will not harm you if swallowed.



Disclosing Tablets

These purple tablets stain any plaque that remains on your teeth so you can see which areas require more attention. Chew half a tablet for one minute and spread over the teeth and gum surfaces with your tongue then rinse your mouth well with water. Areas of plaque will be stained and should be removed with further brushing.



Orthodontic care pack



Zero-waste orthodontic supplies

Zero-waste orthodontic supplies

At Queensway Orthodontics we are committed to encouraging and promoting reducing the use of single-use plastic in everything we do. We have sourced the most reliable and innovative eco-friendly oral health products on the market that are not only good for you, but are also good for the planet. Items can be purchased singular or as part of a bundle.

Online Shop - Bracebrushes.co.uk

We have developed an online store to help our patients purchase their brace accessories and consumable supplies more easily as well as our carefully chosen selection of products to a wider audience. The store launched during the Covid-19 outbreak of Spring 2020 to help patients all over the UK to get the supplies they need to keep their braces clean and teeth healthy when they are unable to access routine care.

If you run out of any of your brace care supplies essential for your treatment such as replacement elastic bands or toothpaste, you can simply go online and purchase!

Brace care: Golden Rules

- Brush your teeth with the correct brushes for 5 minutes at least twice each day
- Avoid sugary snacks & drinks (especially energy drinks) between meals and at bedtime
- Avoid hard, sticky and chewy sweets and foods
- Get in touch if anything breaks
- Wear your elastics as instructed
- Continue to visit your family dentist regularly
- Don't forget you will need to wear retainers after your treatment finishes.

THE NORTH'S LEADING SPECIALIST  **invisalign** CENTRE FOR ADULTS AND TEENS
PROUD TO BE WORKING WITH  **kidscape** TO HELP KEEP CHILDREN SAFE FROM HARM

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