

Accessible Orthodontics



MAKING SMILES STRAIGHT
FOR ADULTS & CHILDREN



Fixed Braces Information Booklet

**For more information you can ask our Dental Team during an
appointment or visit our website
(www.accessible-orthodontics.co.uk)**

Fixed Brace Information Booklet

INFORMATION ABOUT ORTHODONTICS, CARING FOR YOUR TEETH AND BRACES.

Receiving orthodontic treatment and having to wear YOUR Braces need not be a difficult time. While most of the work is carried out by your Orthodontist and dental Nurses, we do ask that you follow some simple Rules that will help work towards achieving the best possible outcome from your treatment

SOME FACTS ABOUT DENTAL HYGIENE AND ORTHODONTICS:

- Orthodontic Braces themselves **do not** cause tooth decay, decalcification or gum disease
- **Caries and decalcification** spots are due to the action of bacteria in the dental plaque that accumulates on the tooth surfaces.
- The best way **to prevent cavities and stains** on the teeth is to clean them properly according to the instructions given to you.
- We recommend and urge you to **continue your regular dental visits and cleanings** during your orthodontic treatment.
- Continuous bad oral hygiene or careless beakages can result in your Braces being taken off for the sake of your oral health: that can mean you will NEVER get NHS paying for future orthodontics!

IT IS ALL UP TO YOU!

BRUSHING & FLOSSING

- **Always use** a medium bristled or a specialist orthodontic toothbrush.
- Brushing should take between **3 to 4 minutes** each time.
- Brush at a **45-degree angle** where the teeth meet the gum.
- Always try to **brush gently between** the teeth **and behind** the wire (**remember**, be gentle).
- Always brush **behind** the teeth and **along** the biting surface.
- You should be brushing **3 times a day** or after you eat something.

RECOMMENDED ORAL HYGIENE PRODUCTS

See *"Recommended Oral Hygiene Products for Fixed Braces"* Section (below).

Products useful in maintaining your Braces and good oral hygiene can be purchased in the Practice – the cost of each is clearly displayed

EATING

- Soft foods will be required for the first couple of days after having Fixed Braces
- **Cut food** into small pieces **and chew** on the back teeth.
- **Avoid** hard foods – raw carrot, apples, meat off the bone, nuts, ice etc...
- **Avoid** chewy foods – sticky sweets, caramel, toffee, cakes & biscuits, etc...
- **Avoid** sugary foods – these cause decay (especially fizzy soft drinks!)
- **Avoid** chewing on hard things such as pens, pencils or fingernails - that can damage your Braces

ELASTICS

Are not worn by all Patients – you will be informed by your Orthodontist if they are necessary and given instructions on how to do so.

EMERGENCY CARE / PAIN MANAGEMENT

A broken brace does not work properly and will increase your Treatment time.

My Braces are rubbing my cheek and causing an ulcer!

Use some of the wax you were given to cushion the brace. The wax sticks best if you can dry the offending bracket/s and squeeze warm wax onto it.

My teeth are very sore and it is painful to eat.

This is quite normal at the beginning of Treatment and it will get better in 2 or 3 days. A normal headache tablet can be used (follow the instructions on the box). Eat soft foods, like pasta and soup, until it settles down.

The wire has come out of the tube at the back.

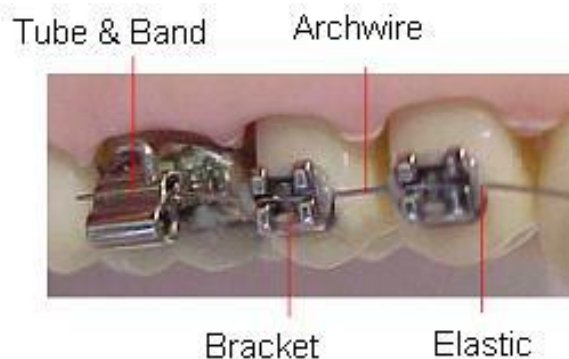
If this is not causing discomfort it can be left until your next visit. If the wire is uncomfortable you may cut it or bend it back out of the way.

A bracket (or other part of my fixed brace) has broken and is able to move on the wire

If it is not uncomfortable **and if** you have an appointment in the next 10 days **then** just report it to your Clinician at your next visit. If you are finding it too uncomfortable then phone Reception for advice.

As a general rule, an emergency appointment may be made **when there is severe pain**.

It is important to know the names for the parts of your brace because it will help our Reception staff book the correct appointment for your needs.



Please phone Reception for advice if you are worried about a problem with your Braces

RECOMMENDED ORAL HYGIENE PRODUCTS FOR FIXED BRACES



Inter-Dental Toothbrushes

Ideal for brushing around fixed orthodontic braces. The small head can easily access under and around wires, for effective tooth and brace cleaning. Available in 4 colours



Colgate Fluorigard Daily 500ml Mouthwash

- ❖ Contains 0.05% w/w sodium fluoride
- ❖ Strengthens tooth enamel to prevent fillings
- ❖ Suitable for children aged 6 and upwards



Colgate Orthodontic Toothbrush

1. Triple level bristles for cleaning around braces
2. End rounded bristles

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4 Minute Brushing Timers

Time yourself to make sure you are brushing for the correct amount of time



Disclosing Tablets

Disclosing tablets highlight plaque when chewed. The red colour remaining on the teeth reveals areas overlooked when brushing or flossing (so you can get even better at proper oral hygiene).



Comfi-Guard™ Lip Protector – Standard

A protective guard that can be worn by Patients wearing fixed appliances!

The Unique Comfi-Guard™ clips on to the archwire without interfering with tooth movement. Once on, it stays in place, and helps to prevent mouth sores - especially useful while Patients are sleeping, or during light sports.

- ❖ Increased Patient comfort
- ❖ Reduces mouth sores
- ❖ Great for Patients who play musical instruments
- ❖ Can be worn while sleeping
- ❖ One size fits all
- ❖ Easy to fit and remove

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Mouth guard

Designed by an Orthodontist, the TOTALGARD™ sets new standards in Patient comfort and protection during contact sports. Superior to any other preformed mouth guard in both design and function. Available in Small, Medium and Large.



Fixed Brace Home Care Kit

The Kit contains a selection of products to help you look after your new fixed Braces, and also to help you maintain good oral hygiene, while wearing your fixed Braces.

KIT CONTENTS:

- **Double Ended Orthodontic Toothbrush**
- **Travel Brush**
- **Disclosing Tablets**
- **Wax**
- **4-minute-Timer**
- **Mirror**
- **Fluoride Sample**
- **Instructions**

We also stock a range of other Oral Hygiene Products such as toothpaste and electric toothbrushes please ask at Reception for details.

The cost of a product you can purchase in the Practice is clearly displayed.