

## Care Guide No.2 Fixed Appliances & Care Pack

### Step One

#### Brace Relief Wax

Your fixed brace may rub and irritate the inside of your lips and cheeks for the first few days and may cause an ulcer. To make your mouth comfortable, take a piece of wax and mould it into a small ball about the size of a pea, dry your brace and teeth with a piece of kitchen roll and place the piece of wax onto your brace, pressing it down with your finger. It will stick to the brace and create a cushion allowing your mouth to heal. If it melts and you swallow it, it will not cause any harm. We recommend a product called IGLU, which you can buy over the counter at the chemist shop. It is a thick barrier paste that is useful in preventing ulcers and encouraging them to heal if you get one.

### Step Two

#### Regular & Travel Toothbrushes

You must brush your teeth after every meal and before you go to bed at night. Remember to brush your teeth and brace across and back. Brush your gums, teeth and brace in small circular motions. It is essential that your teeth and brace are kept perfectly clean to prevent swollen gums and unsightly marks appearing on your teeth.

### Step Three

#### Interdental Brushes

Take one of the small green/blue handled brushes and use it to clean the space between your brackets in behind the wire. Do this in each space all the way around your brace. This will remove any food or plaque that your toothbrush may not have reached. These brushes must be used at least twice a day. These brushes can be reused over several weeks and should be replaced when out of shape.

### Step Four

#### Fluoride Mouthwash

This should be used only at night time. It should be the last thing you do before going to bed. Rinse for 30 seconds and then do NOT eat, drink or rinse out afterwards. Let the mouthwash coat your teeth while you are sleeping to strengthen them and help prevent marks.

### Step Five

#### Disclosing Tablets

Take a disclosing tablet and chew it. Spit out whatever is left over in your mouth. The tablet will leave a red, purple or blue dye on your teeth. This will show where you have missed with your tooth brush. Use your toothbrush again until the dye disappears. Use the tablets from time to time to check you are brushing correctly.

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### **Avoid breakages**

It is best to cut your food into small pieces and chew at the back of your mouth. You should avoid all hard and sticky foods (i.e. toffees, chewing gum, boiled sweets, chews, popcorn, muesli, nuts etc.). Do not bite into apples or hard crusty bread. Avoid biting your nails and chewing on pens or pencils. It is very important that you follow the above instructions and treat your brace with care as any breakages will prolong treatment. You should report any breakages to one of the reception staff and they will offer advice and arrange an appointment if necessary.

### **Avoid marks on your teeth**

You must avoid all fizzy and sports drinks (Coke, Club Orange, Lucozade, Red Bull etc.) even the diet varieties. If taking fruit juice or smoothies, they should only be taken once a day at mealtimes. Diluted orange, even the 'no added sugar' variety should only be taken at mealtimes. The only safe drinks to be taken between meals are water, milk, tea or coffee with no sugar. Marks will occur on your teeth unless you follow the above instructions, especially avoiding fizzy drinks. You must also brush your teeth well and use fluoride mouthwash for the complete duration of your orthodontic treatment. You will not know that you have marks on your teeth until the brace is removed. By that time, it is too late to reverse these marks. In most cases, the marks are permanent and will ruin the appearance of your newly straightened teeth.

### **Pain relief**

Your teeth will be sore and tender for about three days after your brace is fitted. This will also occur after every adjustment but to a lesser extent. This is normal and is because your teeth are moving as a result of your brace. Take either Nurofen or Paracetamol. You may also want to eat softer foods for the first few days.

### **Emergencies 028 9065 6666**

If you are concerned about anything related to your treatment, please phone the practice on the above number and discuss your query with any of our staff. We will always do our best to see anyone with pain related to their appliance. As this is a busy practice, we would be grateful if you always contact the practice and arrange a time to be seen rather than just arriving at the practice and hoping to be seen.