
Frequently Asked Questions 1–6

1. What happens at my first appointment?

During your first visit you will meet our team where we will learn why you would like to have orthodontic treatment and will give you advice on the most suitable options for you. We may also take photographs, and x-rays of your teeth. The orthodontist will discuss their findings with you during this appointment. No braces will be applied at this visit.

2. Does it hurt to get braces on my teeth?

No. As braces are fitted without the need for injections, it is a painless procedure. You may experience some discomfort for a few days afterwards but this is simply managed with painkillers. We also advise that you eat soft food for the first few days and avoid hard or sticky foods during the course of your treatment.

3. How long will my treatment take?

That really depends on the treatment proposed. Very simple treatments can take as little as 12 weeks. However, since most orthodontic treatment is more complicated, especially with fixed appliances, treatments of this nature can take up to 24 months and occasionally longer.

4. Will I be able to talk normally with my brace fitted?

As most braces are fitted to the outside surfaces of the teeth, speech will not be affected. If you wear a removable brace for a time before your fixed braces, you may notice a slight lisp for around 1 week as you get used to wearing your brace. After this, your speech will return to normal.

5. Are there foods or drinks that I cannot take with my brace in place?

We recommend that you avoid fizzy drinks and limit fruit juice to once per day. We also recommend that hard or sticky foods such as toffee, chewing gum, and hard apples are avoided. A balanced healthy diet is the best option.

6. Will I get marks on my teeth after treatment?

The vast majority of patients will have no marks on their teeth following treatment. However, a small number of patients may have faint marks if treatment guidelines are not followed. It is important to brush your teeth well, use fluoride mouthwash and avoid fizzy drinks.

Frequently Asked Questions 7–12

7. Can I still play sport with my brace?

You can continue to play sports during treatment. We have a range of orthodontic mouth guards available to purchase at our practice. You will typically have the same mouth guard for the duration of your treatment. This can be replaced with a professional mouth guard after treatment. Please ask about this after treatment.

8. Can I play my musical instrument with my brace in place?

Yes. Orthodontic treatment should not stop you playing your instrument. However, during the first week of treatment your brace may rub the inside of your lip, causing mild discomfort. After this, you will be able to play your instrument as normal.

9. How long should I wear retainers for?

Retainers should be worn for life to keep teeth straight. Once you stop wearing retainers, teeth move. There are currently no predictors of who it will happen to and by how much you will be affected. Therefore, everyone is given the same advice.

10. Can I get a permanent retainer?

A permanent retainer can be fitted to the back of your front teeth. This consists of a fine wire glued to the teeth which can remain in place indefinitely. In many cases, under the Health Service, a permanent retainer can be placed free of charge. If it is not available under the Health Service, we can still offer one under a private arrangement.

11. What happens if I break my brace between appointments?

You should phone the practice immediately. We will then schedule an emergency appointment to have it fixed. We recommend that hard and sticky foods are avoided during treatment to prevent damage to your brace. Breaking the brace increases the overall treatment time.

12. Do I still need to visit my normal dentist during my treatment?

Yes. We recommend you remain registered with your normal dentist and attend routine dental check-ups. If necessary your dentist will carry out any extractions orthodontic treatment may require. All orthodontic treatment will be undertaken at our specialist practice.