

FIXED BRACES : What you need to know

Will it be painful?

It is likely to be **sore for about 3-5 days** each time the brace is adjusted. If necessary, painkillers such as the ones you usually take for a headache may help. If the brace rubs your lips or cheeks you will be given some wax to help this.

Can I remove the brace?

The brace is fixed to your teeth for the whole treatment.

Can I eat normally?

Yes you should be able to eat normally. However it is important not to damage the brace or your teeth. You should never bite into foods and should cut them up into small pieces before placing them into your mouth.

You should avoid the following

- Toffees, boiled sweets, chewing gum, chocolate bars
 - Fizzy drinks, including diet drinks and excessive fruit juice
 - Hard foods that may damage the teeth such as crunchy apples, French bread
- Hard foods can be eaten with care if you cut them up small first.

What about toothbrushing?

It is important to brush your teeth and brace well **three times per day and use a fluoride toothpaste**. Pay particular attention and brush where the gums meet the teeth. Brushing will take longer and you will be shown how to use inter-dental brushes to clean around your brackets.

Also **use a daily fluoride mouthwash** last thing at night after brushing, this has been shown to protect the enamel of the teeth.

Failure to keep your teeth clean will lead to **permanent scarring and holes in your teeth**.

How long will it take?

Normally treatment will take 12-24 months but will vary according to how difficult the case is. **Failure to attend appointments or repeated breakages will lengthen treatment time.**

Will I need to wear anything else with my fixed brace?

You may need to wear elastics, which are worn all the time.

How often will I need appointments?

You will be seen every 6-8 weeks to have your brace tightened.

What do I do if my brace breaks?

Check your brace daily and ring up as soon as possible for an appointment. If you repeatedly break the brace treatment may be stopped.

Will I need another brace once treatment is finished?

Yes you will need a retainer to hold the teeth in their final positions.

Can I be treated again after my treatment has stopped/discontinued?

No, the NHS will only allow one course of treatment. Any further treatment would have to be completed privately