



it all starts with a smile...

### **Instructions to Patients wearing A fixed Orthodontic Appliance**

The aims of orthodontic treatment are to improve appearance and prolong the life of your teeth. Please read and follow these instructions carefully.

1. You are wearing a fixed appliance, which is cemented to your teeth and it is not intended to be removed by the patient.

2. During the first four days your teeth may be a little tender. The tenderness should soon pass and you will quickly get used to the appliance. If necessary use any of the pain relieving drugs in your home.

If the discomfort persists, or if the teeth become increasingly painful at any time during the treatment, do not wait for your next appointment, but telephone the Dental Surgery/Orthodontist. It is important to continue to have your teeth checked by your own dentist while having orthodontic treatment.

3. It is essential that your teeth and your appliance should be kept perfectly clean. After every meal and before going to bed at night, brush your teeth carefully using medium toothbrush and fluoride toothpaste brushing all tooth surfaces including between the teeth where possible. Single tufted toothbrushes and bottle/spiral toothbrushes are recommended for this. The appliance will not damage your teeth but food debris left around the appliance may cause decay or gum disease - stainless steel is meant to shine!

4. You must avoid all sticky foods, especially chewing gum, and also very hard foods, as these will damage the appliance. Think about how and what you chew. Keep the frequency of sugar intake to a minimum. Avoid snacking with food or drinks containing sugars, especially fizzy drinks.

5. Treat the appliance very carefully, breakage will interrupt and will prolong treatment. If you should break your appliance or if it should come loose, keep any pieces and phone the dental surgery immediately.

6. If you unavoidably miss an appointment or are unable to attend at the time arranged let us know immediately. Appliances must not be worn for long periods without supervision. It is usually necessary for orthodontic appliances to be adjusted 4/6 weekly visits.

**DAMAGE CAN OCCUR TO THE TEETH IF THEY ARE NOT PROPERLY CLEANED DURING TREATMENT. APPLIANCES WILL NOT IN THEMSELVES CAUSE DAMAGE BUT CARELESS BRUSHING, LEAVING PLAQUE WILL.**

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