

Instructions for wearing your fixed orthodontic brace

Your orthodontic treatment has now started and you will have been fitted with a fixed brace to straighten your teeth and correct your bite.

This leaflet has been prepared to give you advice and information on how to care for your teeth and brace whilst undergoing treatment.

It is important to follow these instructions to protect your teeth and to allow treatment to progress smoothly.

1. The brace is fixed to your teeth and cannot be removed except by a dentist. Please remember to attend your appointments so your brace can be checked and adjusted. This will ensure smooth progress of your treatment.
2. The brace is delicate and should be treated with care. Ordinary food can be eaten, but avoid hard foods such as nuts and very crunchy bread; apples should be cut up. Sweets (such as toffee) and sugary chewing gum must not be eaten. Eating the wrong types of food can damage your brace and delay your treatment.
3. Certain foods and drinks can also increase the risk of damaging your teeth under the brace. Avoid fizzy drinks (including diet versions) and energy drinks as they contain excessive sugar and acid. It is also important to reduce the amount of sugary snacks you eat especially in between meals.
4. Failure to clean the brace and teeth correctly may also cause stains and damage to your teeth. These stains are permanent and cannot be bleached or polished away. The brace and teeth must be cleaned with a toothbrush and fluoride toothpaste two/three times a day. Care must be taken to remove food and debris from around the brackets and under the wire. Use a normal toothbrush as well as an interdental style brush to clean all surfaces of your teeth and

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