

Fixed braces

Keep your teeth in tip
top condition with these
helpful tips



What to expect after we fit your braces

Your teeth might feel achy, wobbly or sore over the next few days. This is completely normal, so don't worry. You can take your usual pain relief to help.

- Avoid eating for the first hour or so after we fit your braces, and stick to soft foods for a few days
- If your braces rub the inside of your mouth, use a small piece of orthodontic wax to create a shield
- Resist the urge to prod your braces

How to brush your teeth

- Brush your teeth and gums for two minutes twice a day using a toothpaste that contains fluoride
- Use an interdental brush or Superfloss to clean between your brackets and underneath your archwire at least once a day
- Rinse daily with a fluoride mouthwash at a different time to brushing

Emergencies

If you have any problems with your braces, please contact us for advice.

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If you experience a serious emergency, for example, a trauma, out of hours, call the NHS dental service on **0300 024 2548**.



Play contact sports?

We recommend wearing a mouthguard to protect your teeth and braces. Speak to your orthodontist about ordering a custom-made mouthguard.

We've put together some tips to help you *protect* your teeth and braces at mealtimes. With a little **extra care**, you can continue to **enjoy** all your favourite foods and snacks.



Embrace bite-size pieces

Avoid biting into anything tough or crunchy with your front teeth – you could knock a bracket off or bend your archwire. Instead, cut things up into more manageable bite-size pieces.

Avoid foods that could damage your braces

There are some foods you should avoid completely while wearing braces. These include crusty bread, pizza crust, hard crisps like Hula Hoops, corn on the cob, nuts, ice, lollipops, popcorn, toffees and chewing gum.

- As a rule, don't eat anything hard, chewy or sticky
- Avoid habits that could break your braces, for example, chewing pens or your fingernails

Reduce your sugar intake

During your brace treatment, it's essential to cut down on sugary and acidic foods and drinks, especially between meals. They can damage your enamel and leave permanent white spots on your teeth, which are an early sign of tooth decay.

Breakages and repairs

Damaging your braces could prolong your treatment. If anything happens, contact us as soon as you can so that we can arrange a repair.

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