



Risks of braces

Take care of your teeth and gums to keep your smile *happy and healthy*



Marks on your teeth

If you don't keep your teeth and gums clean, you could develop white or brown marks on your teeth during your treatment.

These spots are caused by acids, which destroy your tooth enamel – they are usually permanent.

As well as brushing and flossing, you should rinse once a day with a fluoride mouthwash.

Too many sweet, sugary and fizzy foods and drinks can cause marks, so avoid these between meals.

Root resorption

Orthodontic treatment causes minor changes to the roots of your teeth. This doesn't usually cause any problems. However, occasionally these changes can be more severe.

In extreme cases, root resorption can cause complications such as infection, gum recession and even tooth loss.

It's not always possible to tell who will be affected by root resorption. We reduce your risk by moving your teeth using gentle forces.

Damaged teeth

If you have knocked or damaged your front tooth in the past, please let us know. Your injured tooth may have an increased risk of damage from orthodontic treatment, and there's a chance you might need further treatment with your dentist.

☎ 01273 203514

✉ info@splashorthodontics.co.uk
www.splashorthodontics.co.uk



Lifetime of smiles

Some patients worry that their treatment won't be a success, but if you follow the advice of your orthodontist, you can expect a beautiful, straight smile for life.

Many of the risks associated with braces are **preventable** if you take **excellent care** of your teeth and gums and visit your dentist for regular check-ups during your treatment.



Swollen gums

You may notice that your gums appear slightly red and swollen while wearing fixed braces. Some mild inflammation is normal and should quickly improve when we remove your braces.

If you don't keep your teeth and gums clean, you could experience more noticeable swelling, which could cause lasting damage.

When you clean your teeth, make sure you brush gently and thoroughly along your gumline.

Relapse after braces

When we remove your braces there's a risk of your teeth moving back to their original positions.

To prevent this from happening, we'll give you removable and/or fixed retainers to maintain your new smile.

You'll need to follow your orthodontist's advice carefully and wear your retainers indefinitely to stop your teeth from shifting.

If you stop wearing your retainers in the future, your teeth could relapse.

Rare risks

There are some rare risks associated with braces that only affect a few people. If there is a particular risk relevant to your case, your orthodontist will discuss this with you in detail. Please don't hesitate to contact us if you have any questions.

📞 01273 203514

✉ info@splashorthodontics.co.uk
www.splashorthodontics.co.uk

