



BOSTON  
ORTHODONTICS

## **IMPORTANT THINGS TO REMEMBER WHEN YOU HAVE FIXED APPLIANCES**

It is very important to take good care of your fixed appliance. Clean your teeth thoroughly and be very careful not to break your brace. Your teeth are likely to become tender during the first weeks of treatment. This will wear off with time. Some components of the brace may get stained more easily than the others.

### **CLEANING**

- Always clean after every meal and before you go to bed. Use toothpaste which has fluoride in it.
- Clean the teeth in each jaw separately, as demonstrated during your appointment. After brushing the teeth with your manual or electric toothbrush, it is very important to use additional interdental brushes and/or water flosser to remove the remaining plaque. Concentrate on the area between your gums, the brackets and underneath the arch wire.
- Using a fluoride mouth rinse or fluoride gel is advisable. These should be used last thing at night.

### **EATING**

You must avoid eating anything too hard or sticky such as chewing gum, jelly beans, crusty bread, hard crust of the pizza and hard biscuits. You must also stay away from fizzy drinks because the high sugar and acidity can cause permanent damage and marks on the teeth. When eating especially hard food, try to cut up first into small pieces and chew gently on your side teeth. A breakage can delay the progress and your braces will be on for longer than necessary. If you have clear braces, avoid food and drink that can stain such as curries, turmeric, green tea, or try to consume them shortly before your adjustment appointment.

### **PROBLEMS**

After your brace has been fitted your teeth will feel tender, this is normal. Mild painkillers such as Paracetamol or Ibuprofen will help. If brackets or bands rub on your lips and cheeks you may need to use orthodontic wax, which is given to you. The rubbing of the brace inside your lips or cheeks can cause ulceration and can be painful. Tear off a piece of the wax, roll it and squash it onto the bit of the brace that is rubbing. This will make it more comfortable and allow the ulcer or spot to heal.

### **BREAKAGES**

If you break your brace please call the surgery immediately. Always keep any parts that come off and bring them with you to your appointment. Try not to break your brace. Remember breakages mean longer treatment. You still need to attend routine check up appointments with your dentist during your orthodontic treatment and have regular cleaning appointments.

**REMEMBER TO BRUSH YOUR TEETH 3 MINUTES AT LEAST TWICE EACH DAY. USE ALCOHOL FREE FLUORIDE MOUTHRINSE ONCE EACH DAY. AVOID SUGARY SNACKS AND DRINKS. AVOID HARD STICKY FOODS. VISIT YOUR DENTIST REGULARLY FOR A DENTAL CHECK-UP AND HYGIENE APPOINTMENTS!**