

FIXED APPLIANCE ADVICE SHEET

Discomfort:

- Some discomfort in the first week is normal. Your teeth will start to move very quickly which is a good thing but this can cause some tenderness. You can help this by taking painkillers you would usually take for a headache. A softer diet will also help as you will not need to use your teeth as much to chew.
- If the appliance is causing sore areas on your lips or cheeks, orthodontic wax can be used to relieve the discomfort and allow healing, you can place this over any parts of the brace that might be rubbing.
- **Your discomfort will reduce significantly after the first week, so please persevere.**
- In the early stages it is often necessary to 'prop' open your teeth with dental cement in order to avoid biting off the opposite braces. This may take a few days to get used to and will be reduced or completely removed as soon as clinically appropriate.

Diet:

- Eat a softer diet as much as reasonably possible. Try to minimise chewing with your teeth by utilising your hands and cutlery to cut the food into smaller, softer pieces. Tearing sandwiches and other foods like this up with your hands before putting them in your mouth can also help. When you chew, carefully do this on your back teeth.
- Hard, crunchy, chewy and sticky foods such as crusty bread, toffees, boiled sweets, chocolate, jellies and chewing gum are not allowed as they will cause damage to your braces.
- Sugary food and drinks must be avoided e.g fizzy pop, fresh fruit juices, milkshakes, sweets. Choose sugar-free versions and water or milk instead. Fizzy drinks including sugar-free varieties will cause permanent damage or staining to the enamel of your teeth.
- Avoid excessive tea, coffee and red wine as these can cause staining to some parts of your braces
- We advise you read : <http://www.bos.org.uk/Portals/0/Public/docs/PILs/foodanddrinkapril2013.pdf> for more information on diet during orthodontic treatment.

Cleaning:

- You should brush your teeth 3 times a day. Morning, evening and after eating to avoid permanent damage to your teeth and gums. Your treatment may be terminated at a discretion of your orthodontist if your oral hygiene is poor. A full clean using all of the necessary toothbrushes should take at least 3 minutes.
- You should use an orthodontic toothbrush to clean your teeth, around your brace and along the gum-line. An interdental toothbrush should be used to clean the small spaces in between the brackets, teeth and the wire. 'Super Floss' and an interspace brush may also be used. **We advise you buy the VITIS aftercare pack** to ensure you have all the necessary cleaning items.
- Fluoride mouthwash should be used in between brushing.
- Disclosing tablets should be used weekly to identify problem areas where better brushing may be required
- The vitis aftercare DVD should be watched the day your brace is fitted, should you want to watch this again it can be found at <http://www.neo-orthodontics.co.uk/braces/brace-care/>

Breakages and Emergencies:

- Each time a breakage occurs it can prolong your treatment time
- Try to identify the problem (broken bracket, wire out, etc.) before calling us to allow us to offer you appropriate advice or appointment.
- Please note emergency appointments are only given to patients who are experiencing pain or discomfort, breakages are not an emergency and an appointment will be given as soon as possible for the brace to be repaired.

Sports:

- An orthodontic mouthguard should be worn for contact sports. Please ask our reception team for more information.

Dental-check ups

- You must continue to attend regular dental check-ups throughout your orthodontic treatment with your dentist.
- It is recommended that you see a hygienist every 3-6 months whilst you in orthodontic treatment.

I can confirm that I have read the written instructions given and watched the Vitis aftercare DVD:

PATIENT'S FULL NAME SIGN..... DATE.....