

QUADHELIX, NANCE BUTTON, LINGUAL ARCH 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 reduce this by taking painkillers you would usually take for a headache. A softer diet will also help
- If the appliance is causing sore areas on your lips or cheeks, orthodontic wax can be used to relieve the discomfort and allow healing
- Speech and swallowing may be influenced by the appliance but initial problems will improve with time

Diet:

- Eat a soft diet as much as reasonably possible. As a rule of thumb, try to minimise chewing with your teeth by utilising your hands and cutlery to cut the food into smaller, softer pieces
- Hard, crunchy, chewy and sticky foods such as crusty bread, toffees, boiled sweets and chewing gum are not allowed as they will cause damage to your appliance
- Sugary foods and drinks should be avoided. Choose sugar-free versions and water
- Fizzy drinks including sugar-free varieties must be avoided as these will cause permanent damage or staining of the enamel of your teeth

Cleaning:

- You should brush your teeth 3 times a day for 5 minutes and after eating to avoid permanent damage to your teeth and gums. Your treatment may be terminated at a discretion of your orthodontist if you do not clean well enough
- You should use your toothbrush (manual or electric) to clean your teeth, around your appliance paying special attention to the teeth and gum-line where your appliance is attached
- Alcohol-free fluoride mouthwash should be used in between brushing and before going to bed
- Disclosing tablets should be used weekly to identify problem areas where better brushing may be required

Breakages:

- Each time a breakage occurs it can prolong your treatment time
- Try to identify the problem (loose band, appliance snapped, etc.) before calling us to allow us to offer you appropriate appointment or advice. This may avoid unnecessary and inconvenient visit
- If the appliance has come away completely, store it safe until you are able to have it repaired

Sports:

- A specially designed mouthguard that protect the entire brace must be worn during all contact sports. This is available to purchase at reception

Dental-check ups

- You need to carry on seeing your regular dentist for check-ups throughout your orthodontic treatment

1. **I have read and understood the above advice**
2. **I understand that if I break or lose my appliance there will be a charge**

Patient Name Patient Signature Date