



FIXED BRACES

POST BOND UP ADVICE

CONGRATULATIONS YOU HAVE HAD YOUR FIXED APPLIANCE FITTED!

Your fixed appliance may feel strange at first. Mild discomfort in the first few days after a bond up is totally normal.

Please be aware the brackets bonded onto the tooth may bulge into your lips, cheeks and tongue causing ulcers and sores, in some cases mild facial swelling can occur. The wire which will pull the teeth into place, may make your teeth feel loose and tender. This is temporary and will settle.

We recommend using some dental wax to reduce the discomfort from the brackets and wires. If needed use simple over the counter analgesia such as paracetamol and ibuprofen (if you have no know medical contraindications).

For soothing irritation and reducing inflammation, dissolve some salt in warm water and use as a mouth rinse several times a day.

PLEASE ASK ABOUT OUR SPECIAL ORTHODONTIC CARE PACKS AT RECEPTION

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- Eat soft foods until you can function as usual and get used to having the appliance.
- Avoid hard and sticky foods, as these can become lodged in the appliance and cause damage and breakage to the appliance.
- Avoid biting into any foods with your front teeth. Instead cut/break foods up into small pieces and chew on your back teeth.
- Avoid foods/drink with high amounts of food dye; these include curries, bolognese sauce, black coffee, red wine as these will stain the elastics yellow.
- If you do break any part of the appliance, keep the components and bring them to your next appointment. Broken parts do not need an emergency appointment, these are usually reserved for patients in pain. If unsure, please call and our team will be happy to offer advice.



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MAINTAINING GOOD ORAL HYGIENE

- After eating/drinking, wait 20-30 minutes before cleaning your teeth. You must clean after everything you have to eat/drink.
- Clean every morning and every night with an interspace brush/ super floss. Its important to get around the brackets and under wires.
- Use a fluoride mouthwash to help dislodge and foods stuck in the brace.

WE STRONGLY RECOMMEND YOU MAKE REGULAR VISITS TO THE DENTIST OR DENTAL HYGIENIST FOR A PROFESSIONAL CLEAN EVERY 4-6 MONTHS DURING YOUR TREATMENT.

Please note Additional charges will be incurred for replacement of broken parts of the brace due to poor compliance

