



SUFFOLK  
ORTHODONTICS

*Creating Smiles*

[www.suffolkorthodontics.co.uk](http://www.suffolkorthodontics.co.uk)

Your Fixed Appliances

**After fitting do not eat or drink for 4 hours to allow the glue to set.**

When your appliance is first fitted there will be some discomfort and tenderness to the teeth and cheeks and possibly some difficulty with eating. This will improve in a few days.

Remember to use the patient relief wax on any parts of the brace causing discomfort.

Examine the fixed appliance carefully in a mirror to familiarise yourself with all the attachments.

It is most important to brush your teeth after every meal and use fluoride toothpaste. Remember to use your toothbrush and Interprox™ brushes at school or work. It is recommended that you use a fluoride mouthwash once a day as well.

Avoid foods such as boiled sweets, pizza crusts, toffee and bubble gum and cut up hard foods such as apples and crusty bread. Also, refrain from chewing pen tops, biting nails and pulling bottle tops with teeth. Limit your intake of fizzy drinks as these have a high sugar and acid content which can damage tooth enamel.

If you do eat hard foods you could damage your appliances which would be detrimental to your treatment.

If you wish to view a demonstration go

to:[www.suffolkorthodontics.co.uk/patientresources](http://www.suffolkorthodontics.co.uk/patientresources)

If you play any contact sports we advise to get a mouth guard.

*You must continue to see your regular dentist for check-up appointments throughout your orthodontic treatment.*

It is essential to keep all your appointments at the practice. Patients who fail to co-operate, maintain good oral hygiene or fail to attend regularly may have their treatment stopped.

If the appliance is not looked after breakages may occur. If you are in pain we will endeavour to see you to eliminate the discomfort. Minor breakages can be left until the next appointment. However, this may prolong your treatment.

Please telephone if you need further advice on 01473 636991 during normal working hours. Out of hours 111.

