

Care of Fixed Braces

You have just been fitted with fixed braces. Expect some discomfort – this is normal. It will usually last for a few days. Take painkillers if needed, but read the instructions. **Do not take any more painkillers than is advised.**



Parts of the brace may rub your lips or cheeks. You may be provided with wax to help with this. The orthodontist/dental nurse will show you how to use it.

Can I remove my braces?

No. The braces are now fixed to your teeth. You should not try to remove any parts. If any part becomes loose/detached/broken, contact your orthodontist as soon as possible. **Appointments for breakages will be made around the previously booked patients. You will not necessarily see your own orthodontist.**

What about eating?

It is important to look after your braces. If breakages occur it will slow your treatment down. You will be advised not to eat any sweets (boiled or chewy) and chewing gum. Avoid fizzy drinks (even diet varieties), and a lot of fruit juices, as it may damage your teeth. Be careful with hard foods such as crusty rolls, apples etc. They may need to be cut up into smaller pieces before eating.

How do I keep my teeth clean?

It is very important that you keep your teeth clean otherwise your teeth may be damaged permanently. Do this by brushing your teeth two to three times a day. If possible carry a brush with you, so you can clean your teeth away from your home. Pay particular attention to the area where your gums meet your teeth, and use a different type of brush (inter-dental brush) to get in between the brackets and underneath the wire. Take your time – it will take a lot longer than it did before you had the brace. Your orthodontist will also advise that you use a Fluoride mouthwash. It is a good idea to use this last thing at night after you have brushed your teeth.

If you do not look after your teeth whilst the braces are on your teeth, permanent marks may appear on the enamel, as shown in the picture opposite.

This damage only occurs if you fail to clean your teeth properly.



It is a good idea to use disclosing tablets at least once a week to check if you are cleaning your teeth properly – ask your orthodontist/dental nurse about these.

How long will treatment take?

Treatment on average, takes about 12-24 months (depending on how severe your case is). If you cancel appointments, fail to attend or break your braces many times, your treatment will take longer, and in some cases, the end result will not be as good.

What happens when treatment is finished?

When treatment is finished, the fixed braces will be removed (this is not painful!). You will then be asked to wear retainers (a removable or fixed type). Your orthodontist will advise you on the best type for you, and the length of time you need to wear them.

