

These braces are usually made of plastic (acrylic) with metal parts. They are designed to do simple tooth movements only. They are worn on their own, or sometimes in combination with a fixed brace.



Are they painful?

They can be sore for a few days after they have been fitted. They can also affect your speech. These problems will settle down in a couple of days. If you need pain relief, take whatever you normally take for a headache.

How often do I need to wear them?

Wear your braces at all times, including eating and sleeping unless you have been otherwise instructed. You should remove your braces before playing any contact sports, e.g. rugby, hockey etc. When the braces are not worn they should be kept in a retainer box/Tupperware, to prevent loss or damage.

What about cleaning?

It is important to clean your teeth and braces every morning, night and after meals. Use clean cold water, toothpaste and a toothbrush to do this. **Do not use boiling water.**

What about eating?

You can eat fairly normally, although it is advisable to avoid certain food types. It will be difficult at first, but it will become easier with time. Avoid fizzy drinks, sweets and hard foods, as these can damage your teeth and braces.

Other important points about your braces

- Avoid flipping or playing with the braces whilst they are in your mouth, as this can cause weaknesses, which will in time, damage your braces.
- Wear your braces as instructed.
- Remove your braces for contact sports etc. You may also find it easier to remove them when playing wind instruments. Always keep them in a safe and sturdy box when you are not wearing them.
- Make sure you see your orthodontist regularly to check on your progress and adjust your appliance.
- Continue to visit your dentist regularly for 'Check Ups' throughout your Orthodontic treatment.
- If you cannot wear the braces, there may be no alternative, and you will have to accept your teeth as they are.

If the braces cause severe discomfort or pain, or if they are lost or broken, contact us as soon as possible on:- 01633 - 234516

Notes
