

## Instructions for the wear of Fixed Appliances

1. You have been fitted with a fixed brace which is cemented to your teeth, you must not try to remove it.
2. During the first few days your teeth may be tender. The tenderness will wear off, but some patients find it easier if they take a painkillers (e.g. Nurofen, Paracetamol etc.) and eat soft food whilst the teeth are sore. IF THE DISCOMFORT PERSISTS, OR IF ANY TEETH BECOME INCREASINGLY PAINFUL AT ANY TIME DURING TREATMENT, PLEASE TELEPHONE FOR AN URGENT APPOINTMENT.
3. It is essential to keep the brace and your teeth perfectly clean. After every meal and before going to bed at night, brush your teeth carefully. The appliance will not damage your teeth, but food debris and plaque left around the attachments will damage the teeth and gums - and this may be permanent. You will be advised to use fluoride mouthwash on a regular basis, to help protect your teeth.
4. You **MUST AVOID** all sticky, chewy, crispy, crunchy foods, especially toffees and chewing gum, as these will damage the brace. Think about what, and how you chew.
5. Treat the brace carefully, breakages will prolong treatment. IF THE APPLIANCES UNCOMFORTABLE, PAINFUL OR DAMAGED IN ANY WAY PLEASE TELEPHONE FOR AN EARLY APPOINTMENT. DO NOT WAIT UNTIL YOUR NEXT SCHEDULED APPOINTMENT. IF THE BRACE IS VERY BADLY BROKEN IT MAY BE REMOVED AND TREATMENT DISCONTINUED.
6. Please continue to see your own dental surgeon for normal dental care.