

## Fixed Appliances... Do's and Don'ts

**DO avoid chewing hard foods**, your teeth are not in the correct place yet and whenever you bite together you will bang one of your brackets (the silver squares on your teeth) and break it away from the tooth.

**DO have a soft diet** that you can break up against the roof of your mouth with your tongue. (Lasagne, spaghetti, mashed/baked potatoes, mushy peas, rice, fish, soups with soft bread, mincemeat instead of steak, boiled/baked veg etc.)

- ✓ Cut food into small bite size pieces.
- ✓ Avoid chocolate, sweets, toffees, chewing gum etc.
- ✓ Avoid biting into hard crunchy foods such as apples, crusty bread/pizzas.
- ✓ Avoid fizzy drinks, including diet varieties and fruit juices, as the acide content is still high. Water and milk are the best.

**Tooth brushing is very important and should be done after each time you eat – at least three times a day.**

Your toothbrush should be taken to school/work, or whenever you go out. A fluoride mouthwash should be used on a daily basis, but do not use a mouthwash instead of brushing. A spiral twin toothbrush or mini brush needs to be used to cleaning in between the brackets where a normal toothbrush can't always reach.

Insufficient cleaning of your brace and teeth will lead to permanent brown or white marks on your teeth and treatment will be stopped by the orthodontist.

You may experience some discomfort when your brace is first fitted and again when the brace is adjusted. Painkillers that are normally taken for a headache can be used.

The inside of your lips and cheeks may be sore but the wax supplied in your pack can be used to relieve the discomfort. (Do not use things like bonjela). For all contact sports a gum shield must be worn.

If your brace/wires is giving you severe prolonged discomfort, don't wait for your next routine appointment, get in touch to arrange a sooner visit. Frequent breakages will prolong the length of your treatment.

If you don't look after your brace and it is very badly damaged regularly, treatment may be discontinued as per NHS guidelines.

**You need to carry on seeing your regular dentist for check-ups throughout your Orthodontic Treatment.**