

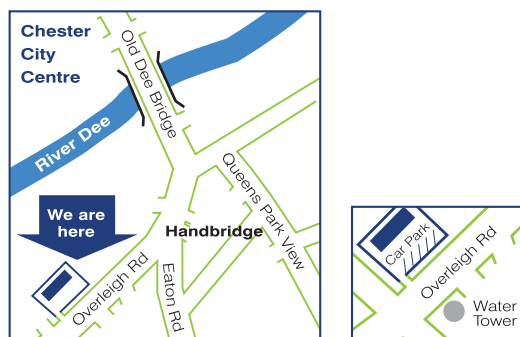
We hope we have covered the main points to keep your mouth healthy, but should you need any further information please contact us on tel: **01244 677667**.

By looking after your teeth and gums you can avoid tooth decay and gum disease and so at the end of your treatment you will have a beautiful smile - something to be really proud of.

If you play contact sports, it is recommended you wear a gumshield. This will also be the case if you enjoy riding a bicycle, roller-skating or skateboarding. Gumshields are available to purchase from our Reception. We also have a range of other products available to purchase to help you care for your oral hygiene during treatment and beyond.

If you play a wind instrument, particularly the flute or a brass instrument, then a fixed brace may make it more difficult. You will need to discuss this with your music teacher. The good news is that with practice and motivation, most wind instrument players can adjust to wearing braces.

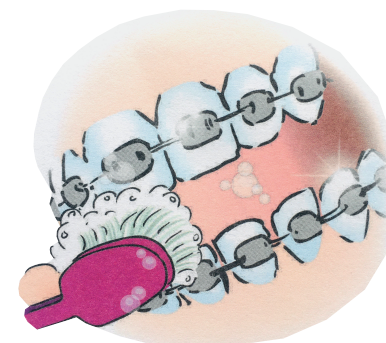
Good Luck! We are positive that it will all be worth it in the end.



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The **Do's** and **Don'ts** of How to care for your Teeth and Fixed Appliance



Patient Information

The do's



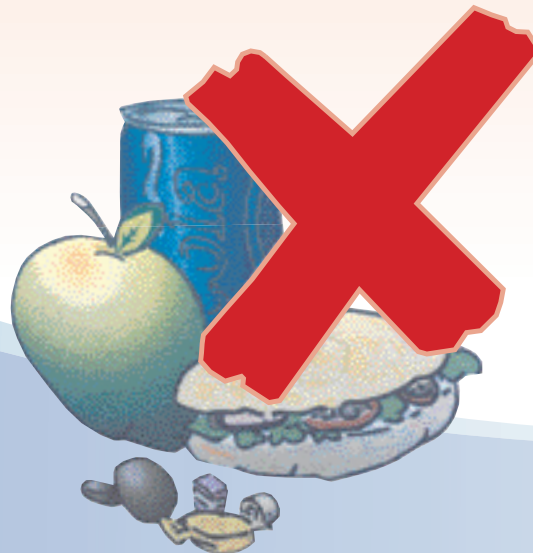
- ✓ **Do brush** your teeth and gums twice a day - morning and night, with a fluoride toothpaste.
- ✓ **Do use** interdental brushes to remove plaque from around the bracket.
- ✓ **Do use** disclosing tablets to highlight areas that have plaque left on your teeth.
- ✓ **Do use** a fluoride mouthwash preferably at a different time to brushing.
- ✓ **Do continue** to have regular check-ups with your dentist during orthodontic treatment.



The don'ts



- ✗ **Do not** eat sugary foods and sweets.
- ✗ **Do not** drink fizzy drinks.
- ✗ **Do not** bite into hard foods like crusty bread, crunchy apples and carrots. Cut these into small pieces and place to the back of your mouth using your back teeth (the molars) to chew with.
- ✗ **Do not** chew fingernails or pens and pencils.
- ✗ **Do not** brush within an hour of consuming anything acidic, for example fruit and fruit juices.



Be advised



- ! **If you do not** keep your teeth clean and have sugary foods and fizzy drinks you will end up with marks on your teeth.
- ! **If your brace breaks** ring the surgery for advice.
- ! **Too many breakages** to your braces will slow down your treatment.
- ! **It is normal for your teeth to ache** when first wearing your braces. If need be, take painkillers within the manufacturer's guidelines. The pain should not last beyond three to four days.
- ! **Orthodontic Wax** will help you over the first week.

