

Fixed appliances: frequently asked questions

How is my fixed appliance attached to my teeth?

It is glued to the teeth with a special dental cement.

Will it be painful?

Most patients experience some discomfort over the first 36 hours after the brace has been fitted. This may need mild painkillers such as paracetamol, which is available in tablet or dispersible form. It is important to follow instructions regarding dosage on the packaging. In a small number of cases the pain may last as long as 4 days.

Can I take my fixed brace out?

No. You should not remove it nor attempt to adjust it.

Will the brace harm my teeth?

No. Provided you keep your teeth clean and follow the diet instructions carefully, your teeth should be quite safe.

Can I eat normally?

Yes, what you normally eat for meals should be OK. However, you should:

1. Avoid eating between meals.
2. Avoid sweets, toffees, chewing gum, peppermints and chocolate bars.
3. Avoid all fizzy drinks, fruit squashes and cordials.

This includes a ban on diet, low calorie and sugar free drinks. For the first few visits avoid hard apples and crusty bread. After that you can have these but cut them up and eat them very carefully.

How should I keep my teeth and brace clean?

Brush your teeth and brace after each meal using your normal toothbrush and fluoride toothpaste. Brush each block in turn. It is a good idea to give your teeth a quick brush after lunch at school. An alcohol-free fluoride mouth rinse should also be used daily. Use it at a different time of day to when you brush your teeth. Avoid eating or rinsing for 20 minutes after use. Interdental brushes should be used in addition to your tooth brushing every morning and evening as shown by your orthodontist to remove food below the wire.

What shall I do if my brace breaks?

Contact the Dental Service as soon as reasonable on 0333 405 0290.

Should I continue to see my dentist for check-ups?

Yes. It is important to keep your regular appointments with your dentist.