

Information about your Fixed Appliances



Your fixed appliance is made up from attachments (brackets) bonded onto each of your teeth. You will notice that each bracket incorporates a slot, into which a wire is placed. If the teeth are irregular, the wire has to be distorted to fit into the slot. The wire will gradually spring back to its original form, moving the teeth with it. Often small elastics or springs are added to the brace to assist with tooth movements. These are usually adjusted or changed at monthly intervals.



The brace will feel very awkward at first and may 'rub' the mouth and interfere with eating. These initial difficulties will gradually disappear. It is important to be aware of the fact that a newly fitted (or adjusted) brace will cause the teeth to become rather sore and sometimes slightly loose. This is quite normal, and generally only lasts for a few days. Nevertheless, if any of these problems continue after about one week, please telephone us.



The parts of the brace are rather delicate and can be easily damaged if care is not taken, so please avoid very hard or chewy foods, and especially avoid chewing gum or anything containing toffee.



Please contact us as soon as possible if any of the attachments are lost or come loose, otherwise your treatment may take longer or work as well.



It is important to keep your teeth really clean during your orthodontic treatment because the brace will cause a greater build-up of plaque than normal. At the same time the fittings of the brace make tooth cleaning more difficult (we will show you various methods of brushing and please see pictures below for help). You will find that you will need to spend much longer over brushing and you will need to brush after every meal. Inadequate tooth cleaning can result in permanent damage to the teeth and gums.



Also, if you have any other problems with the braces, please contact us on:

Tel: 01246 550033/520354 or

Email: office@smilebydesign.biz.

01246 550033 / 520354

www.smilebydesign.biz