



Hayes Dental Surgery

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Q&A

FIXED APPLIANCES

WILL MY FIXED BRACE BE UNCOMFORTABLE?

Your new brace may make your teeth ache for the first few days after fitting and each time its adjusted. If necessary, take your usual painkillers that you would use for a headache.

If you find that your brace is rubbing your lips or cheek, gently dry the area with a cotton bud and mould a piece of WAX around the area of the brace causing the problem. Relief wax can be collected from reception.

WHAT CAN I EAT?

Avoid hard, sticky and sugary foods such as chewing gum and toffees as these will damage your teeth and brace. No fizzy drinks and avoid large amounts of fruit juice. Biting into hard foods like carrots and apples for example can also break your fixed appliance, as will biting your nails. Breakages can put treatment time back, meaning that you'll have your braces on for longer than necessary.

HOW DO I CLEAN MY TEETH?

Superb oral hygiene is essential! You should brush your teeth with a toothbrush at least twice a day morning and night time as normal but to help keep the brace clean and food free, also brush where possible after every meal and snack. As well as normal brushing, using interdental brushes to clean around the brackets and wires. A fluoride mouthwash should be used after brushing your teeth at night E.g. flourigard

WHAT TO DO IF I PLAY CONTACT SPORTS?

Normal sports mouth guards cannot be used with fixed appliances. Ask the reception staff for further information.

WHAT IF MY BRACE BREAKS?

If brackets come loose or a wire breaks, contact us and our staff will be able to advise when you should be seen. Some breakages can wait until your next routine appointment and some cannot..

Please **DO NOT** attend without an appointment

If any problems or concerns please contact our Orthodontic Treatment Co-ordinator Katie Butler