

Wire protruding at the back of the brace



If a wire is protruding out the back of the braces and poking, or if a thin wire is protruding from the braces and poking your lip and cheeks, there are two things you can do. You can try to cover the poking wire with wax until you can make it into the practice. The second option is to obtain a small keychain nail clipper and trim the wire. Of course, we can trim the poking wires for you if you call and book a short 5-10 minute appointment.

Wire come out of the back bracket



Sometimes the wire can come out of the slot of the back bracket. If possible, use tweezers to place the wire back into the slot. If you cannot do this call the practice or try trimming the wire to make yourself comfortable until you can come in.

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CARE AND MAINTENANCE INSTRUCTION FOR FIXED BRACES

Congratulations on having had your braces fitted. This is something to be proud of and therefore to be meticulous in protecting and cleaning. Expect some discomfort for the first 1-2 week. Your teeth may feel slightly loose and tender to pressure. Taking pain relief will help.

CARE OF YOUR BRACES AND TEETH

- 1) Brushing is more important than ever. Be sure to concentrate on the area between the braces and the gums. This is where the PLAQUE collects and will cause unsightly staining if not regularly removed. Please remember that it is the invisible plaque that causes the trouble and not food that you can see in your braces. Brushing time is a minimum of 6 Minutes, 3 Minutes with Normal brush and 3 minutes with Interspace brush. See reverse page for full instructions.
- 2) **You must avoid STICKY FOODS.** These include GUM, TOFFEE, CHEWITS and other SWEETS, as this weakens the bond and causes breakages of your brace. Avoid biting into anything hard (e.g. APPLES, PEARS, DRUM STICKS, PIZZA CRUSTS). Use a knife to cut them into smaller pieces or break them up with your fingers (e.g. BREAD, SANDWICHES) should be cut/broken into small bite size pieces. Avoid very HARD or CRISPY foods altogether (e.g. NUTS, CRISPS).
- 3) In general, keep objects such as pencils, pens and fingernails out of the mouth. Do not fiddle with the braces.
- 4) Should you suffer from any mouth ulcers or have any sharp bits digging into your lips or cheeks, use some of the dental wax. Dry the bracket and tooth causing the discomfort and mould the wax around the bracket. The wax will come off when you eat or brush your teeth. Also a salt mouth rinse 3 times a day will promote healing. Use luke warm water and a teaspoon of salt and swirl in your mouth for 30 seconds. Repeat this 3 times a day.
- 5) If you participate in any contact sports it is essential that you wear an orthodontic mouth guard. You can purchase a mouth guard from us or reputable sports shop.

With your co-operation we will achieve the best result possible. Be sure to visit your dentist every six months during treatment - **WE DO NOT CHECK FOR OTHER DENTAL PROBLEMS ROUTINELY.**

Be sure to keep all your appointments on time so that there is no delay to your treatment. Notify us immediately if appliances become loose or broken. 24 hours notice is needed if you wish to cancel or change an appointment.

CARING FOR TEETH & GUMS

The key to healthy teeth and gums is proper plaque removal after every meal.

Plaque is the sticky colourless film of bacteria that is constantly forming on your teeth. If it is left to build up, it is one of the main causes of tooth decay and gum disease.

Follow these simple instructions and you'll be off to a great start:

- Brush your teeth, gums and braces three times a day (especially after eating).
- Clean between the teeth twice a day with your interspace brush.
- Use fluoride toothpaste - fluoride is proven to help prevent cavities.
- Use a fluoride mouth rinse at least once daily to help reduce the risk of cavities.
- Try to carry your toothbrushes with you at all times so that you can clean your teeth even when you are not at home.
- You can use a manual orthodontic brush or an electric toothbrush with special orthodontic head. These assist better cleaning as you are able to thoroughly clean the teeth with much less effort.

How do I clean all areas of my mouth while wearing braces?

At first, doing a good job removing plaque from your teeth and along the gum line may seem difficult with braces. But keep at it - with a bit of practice it will get easier!

Following these tips will also help:

- First, take off any removable parts like elastic bands and headgear.
- Place your brush at an angle of about 45 degrees to the gum and apply gentle pressure as you brush with a round and round motion. Clean each tooth individually for about 10 seconds. (Total time should be 3 minutes!)
- Use the same brushing motion on the inner and outer surface of all teeth.
- Don't forget to brush the chewing surfaces of your teeth - and make sure you reach the back teeth too.
- Finish by cleaning between your braces, using your interspace brush. Place the brush underneath the wire, between the brackets and move the brush up and down. Brush gently and take care not to bend or break any of the brackets or wires. The Interspace brush can also be used along the gum line to ensure all plaque has been removed. This is highly recommended for the lower teeth at the front as this is an area that is commonly not brushed properly.



MOUTHWASH - Use the Fluoride mouthwash once a day. The best time to use it is just before bedtime. After brushing, rinse out toothpaste. Take half a cap full of mouthwash and rinse for 1 minute, spit out and then do NOT rinse or drink anything for a minimum of 15 minutes after. The fluoride protection needs to stay in contact with the teeth for this amount of time to work.

DISCLOSING TABLETS - Use once or twice a week at night time only. Brush your teeth as normal, rinse your mouth with water. Take one disclosing tablet and chew it for 30 seconds spreading the liquid in your teeth and gums with your tongue. Rinse your mouth out with water once or twice. The disclosing tablets will stain the remaining plaque pink. Brush your teeth until all the pink stains have gone.

IF ANY AREAS BLEED IT MEANS YOU MUST BRUSH BETTER – DO NOT STOP BRUSHING!!

ORTHODONTIC EMERGENCIES

If you have a problem with your braces or appliance we are more than happy to help you so don't hesitate to call the office. Some orthodontic problems can be dealt with yourself if an emergency visit to our office is not possible. The following section provides suggestions on how to deal with some of these problems.

Irritation of lips and cheeks



Irritation of lips and cheeks from braces rubbing tends to occur when the braces are first placed. Use the wax provided by pinching off a small piece and rolling it into a ball smaller than the size of a pea. Dry the area the wax is to be placed on with a tissue or by smiling and taking a deep breath in. Press the wax onto the brace where the irritation is occurring ensuring the top and bottom of the brace are covered. It is not unusual for the wax to fall off and be swallowed. There should be no concerns about eating the wax as no medications are present.

Elastic tie comes off bracket



Small round donut shaped elastic ligatures are used to keep the wire and bracket together. Sometimes they can partially or completely come off the bracket. If there is a stainless steel wire tied around the bracket it is ok to leave it off. To replace it you can try to use tweezers to pull it back around the bracket.

A broken bracket



Eating hard foods or getting hit in the mouth will likely break the bond between the tooth and the bracket. This will allow the bracket to slide on the wire and may irritate the cheeks. If you have a broken bracket, call the office to either schedule an emergency appointment or to repair this or add it to your next regular scheduled appointment. So please refer to the ['No No List'](#) for what you shouldn't be eating. On average, one broken bracket can increase your treatment time by 1.5-2 months. If possible you can try to slide the bracket off the wire until you can come into the office.

Loose Molar Band



Call the practice and we will book you an appointment to recement it as soon as we can. Please save any parts that have come off.