

ADVICE SHEET

FIXED



WEARSIDE
ORTHODONTIC
CENTRE

Fixed Brace Tooth Brushing Instructions

- Pain killers may be needed for the first few days or even up to a week after you have had your brace fitted.
- We suggest that you take whatever you would normally take for a headache.
- A soft diet is advised, pasta, soup, rice, jacket potatoes.
- Cut up all foods before eating, or tear pieces off and eat in small pieces.
- Do not bite into foods eg, pizza, apples.
- Avoid hard, sticky, chewy foods.
- Any problems eg, wires digging in or brackets coming off, please ring reception for advice.
- Try to have plain water/milk as your main drinks
- Tea/coffee is fine, have it weaker to avoid staining and try to avoid having sugar.

Mouth Wax

If you find your lips/cheeks are rubbing on the brace or wires are digging in:

- Break a small piece of the wax off
- Soften it in your fingers
- Mould the wax around the sore area eg on the bracket itself or the wire
- It is safe to be in your mouth if swallowed

Cleaning your Brace

- Take extra time on a morning and before bed.
- Use all 3 toothbrushes 2 x a day.
- Remember “small brush to big brush”
- Single tufted tooth brush to clean above and below the bracket and the front.
- TEPE brush for under the wire, up and down action, away from the gum, towards the tongue and press it up against the sides of the brackets.
- Put toothpaste on your own tooth brush and brush biting surfaces, the insides at the back and behind your front teeth.
- Brush the front of the brace itself and place your toothbrush above/ below the brace to clean your gum margins .
- An alcohol free, fluoride mouth wash must be used before bed/after brushing, preferably wait 20-30 mins after brushing before using the mouth wash.