



Sutton Orthodontic Centre
27 Coleshill Street
Sutton Coldfield
B27 1SD
(0121) 354-5596

Patient Information Leaflet **Fixed Appliances**

Fixed braces can be used to straighten crooked teeth. Here are some 'frequently asked questions' that patients ask about this treatment:

Will they hurt?

It may be sore for the first few days after the brace is fitted and possibly also each time the brace is adjusted but usually to a lesser degree. If necessary, simple painkillers may help (i.e. Paracetamol or Ibuprofen). Please ensure you follow the instructions on the packet. If the brace rubs your lips or cheeks, in the first instance you should use the wax which comes with your brace care kit to cover the rough areas.

Can I remove the brace?

No. A fixed brace needs to be attached to the teeth for the whole of your treatment. You should not try to remove it, as you may damage your teeth and the treatment will not work.

Can I eat normally?

Yes you should be able to eat normally. However, for your treatment to work quickly and well it is essential that you look after your teeth and your brace. You should:

- Avoid eating toffees, boiled sweets, chewing gum, hard or chewy chocolate bars, etc.
- Avoid fizzy drinks and excessive amounts of fruit juice.
- Take care when eating hard foods which might damage the brace such as crunchy apples, crusty bread, etc. Cut them up first.

What about toothbrushing?

You should brush your teeth 3 times a day with a fluoride toothpaste. Pay particular attention to where the gums meet the teeth. A daily fluoride mouthrinse should also be used last thing at night, after toothbrushing, to further protect your teeth. Failure to keep your teeth and brace clean will lead to permanent scarring of your teeth.

How long will it take?

Treatment usually takes between 12 – 24 months but this is variable. Failed and cancelled appointments or breakages of the brace will add to this time.

Will I need to wear anything else?

Additional components such as elastics are sometimes required during treatment. You will be given appropriate instructions by your orthodontist.

Will I need to wear another brace once my treatment is finished?

Once the active phase of your treatment is finished you will need to wear a retaining brace. This can be of the fixed or removable variety and the actual length of time it has to be worn is variable. However, if you want a guarantee that the teeth will not move following treatment then you must wear retainers of some sort on a long term basis.

How often will I need to be seen?

You will need regular visits during treatment for the brace to be adjusted. *You may be charged for missed appointments.*

Do I still need my regular dentist?

Yes. You must continue to have regular check-ups throughout orthodontic treatment.

What do I do if I play contact sports?

You should wear a gumshield for all contact sports and this also includes activities such as riding a bike, roller skating or skateboarding, etc.

What if I play a musical instrument?

A fixed brace may make it more difficult to play a wind instrument such as a flute or a brass instrument. You should discuss this with your music teacher.

What do I do if my brace breaks?

Ring up for an appointment as soon as is reasonably possible. Do not wait until your next routine appointment as this may slow down treatment. If you repeatedly break your brace treatment may be stopped.