

Andrea Ubhi Dental

Fixed Braces

What are Fixed Braces?

Fixed braces are usually made up of metal or white squares (called brackets) that are glued on to the front of the teeth, with a wire that joins them together. They can not be taken in and out.

How do they work?

The wires gently pull on the teeth, which make them move slowly into a straight position. The Orthodontist usually changes the wires and may make small bends to move the teeth to their desirable position.

Does it hurt when the Fixed Braces are fitted?

The brackets stick on with special glue, so it does not hurt to get fitted. After the first visit, your teeth will be a little sore as the teeth start to move. However, this only lasts a few days. A softer diet and occasionally having some pain killers may help.

How often do the braces need tightening?

Usually every 4-8 weeks. The teeth may be tender after each visit for a day or so. If the fixed braces are of the "speedy" type then they might be tightened every 8-12 weeks.

How long do I need to wear braces for?

Most treatments take between 18 and 24 months. However, treatments may take longer if you miss your appointments, or if you break the braces very often. Some less complicated cases may be completed with less time.

What happens when the braces are taken off?

You will be given retainers, which are braces to hold the teeth straight. Indefinite wear of retainers is advisable in most cases.

FIXED BRACES - INSTRUCTIONS FOR PATIENTS:

Your teeth may be tender at first:

For the first few days, your teeth may become tender as they start to move. This is only temporary, and will settle down. A softer diet and occasionally having some pain killers may help.

You may also get some ulcers in your mouth. Again, this only lasts a few days. Maintaining good oral hygiene and using the mouthwash will help.

We will give you some special wax to put over the brace, to make things more comfortable for you.

Be careful of what you eat

You should avoid the following things:

- Hard foods: e.g. toffees , boiled sweets, mints, pizza crusts.
- Sticky foods: e.g. chewing gum.
- Sugary foods and drinks: e.g. fizzy drinks.
- Big bites of "anything"

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01904 639667
info@andreaubhi.com

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Try to eat carefully and gently. Fruit, such as apples should be cut up into small pieces and eat them on the back teeth. Never bite into anything.

Keep your teeth and braces clean:

If you don't keep your teeth and braces clean, you can damage your teeth during the treatment. When the braces are taken off, the teeth may be stained brown and some of these stains could be permanent.

When we fit your braces, we will show you how to clean around them, and show you some special toothbrushes to use. We sell the brushes at the reception and both verbal and written information would be provided.

Use a fluoride mouthwash everyday:

Fluoride mouthwash helps to keep your teeth healthy during treatment. We advise that you use a mouthwash with 0.05% sodium fluoride after you brush your teeth and braces. We sell fluoride mouthwash at reception. Fluoride Gels could be advised upon in some cases.

If you have problems:

If you have any problems, e.g. if you have broken your braces, please telephone the practice on 01904 639667 during opening hours, and we will give you an appointment. If it outside opening hours, please leave a message on the answer machine, and we will get back to you as soon as possible.

Keep your appointments:

If you fail to attend, or cancel your appointment at short notice, it may be several weeks before we can arrange another one for you. If more than one appointment is missed without a valid reason, we may not be able to continue to provide treatment for you.

It is important that if you have a problem that you telephone us first. Please do not come to the practice without having telephoned us first, as we may not be able to see you immediately.

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