

# Andrea Ubhi Dental

## Lingual Braces – Instructions for patients

### **Your teeth and tongue 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. Soft diet and occasionally having some pain killers would 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 easier for you. DIFFLAM oral spray may ease the initial tenderness.

### **Speech difficulties:**

You may find some speech difficulties for the first few days. Your speech will usually improve over the first week, as your mouth adapts to your braces. Some people find it useful to read out loud to themselves at home, to practise talking with the braces on. The more you practice the quicker you get used to your braces.

### **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"

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.

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01904 639667  
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**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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