

PLEASE REMEMBER

Vikki says

- You must attend all your routine appointments
- Think before you eat. This will help to prevent brace damage and decalcification
- Report all breakages 01767 317777
- Clean after every meal. You won't want permanent marks on your teeth.
- Your elastics do a good job, but only if you are wearing them!
- When your braces come off you **MUST** wear your retainers.
- Remember to see your general dentist for a check up every 6 months

THE DENTAL NURSE'S GUIDE TO YOUR

PERFECT  SMILE



It's all common sense

*Follow the rules,
Use the right tools,
Take our advice
The results will be nice*

WHAT TO EXPECT

Sharon says

A few hours after the brace is fitted your teeth may start to ache.

They may feel bruised, tender to touch or even a little loose. **DO NOT WORRY** this is all perfectly normal. It is advisable to ask an adult for pain relief if you experience any of these symptoms (eg whatever you would normally take for a headache).

This can last for a few days but will settle promise!!

It can take up to a week or two to adapt and get used to your brace.

Sometimes gaps may appear in unexpected places, even between your front teeth, but again this is normal and by the end of your treatment the gaps will be closed.

YOUR BRACE MAY RUB

Don't worry, it's not forever. We will give you some wax to help create a barrier or bumper between you and your brace. Your lips and cheeks will toughen up over time.

THINGS YOU MAY NEED CHECK LIST

- Orthodontic manual 2 row toothbrush
- Interdental brush
- Travel toothbrush
- Fluoride toothpaste
- Fluoride mouthwash
- Disclosing tablets (sample)

All these items can be found in our Smiles Starter Pack for £10 available from our reception.

Alternatively these items can be bought separately :-

Orthodontic manual 2 row toothbrush	£2.20
Interdental brush	£2.50
Fluoride mouthwash	£4.00
Travel toothbrush	£2.10
Colgate toothbrush	£2.50
Oral Relief Gel	£3.50
Brace box (retainers)	£1.50
Retainer brite	£5.00
Disclosing tablets	£2.00
Orthodontic mouthguard	£7.50

You may also require an orthodontic mouthguard for contact sports such as football, rugby, judo, hockey etc. This will protect your mouth from injury and prevent brace damage.

ORAL HYGIENE AND BRUSHING

Mandy says

You must clean your teeth for at least 5 minutes 3 times a day after each meal using the recommended orthodontic toothbrushes.

Use an alcohol free fluoride mouthwash once a day at a convenient time. After brushing and using the mouthwash try not to rinse your mouth with anything else for at least 20 minutes.

You can also use disclosing tablets to check how good your brushing routine is.

REMEMBER :-

- ✓ Use the correct brushes
- ✓ Look in the mirror
- ✓ Maintain a good cleaning routine
- ✓ Clean your gums, teeth and brace
- ✓ Take the time to check your brace to make sure nothing is broken

BREAKAGES AND REPAIRS

Debbie says

- ☹ Broken braces lead to unhappy faces
- ☹ Breakages can lead to delays in finishing treatment on time
- ☹ Breakages create extra visits to the practice
- ☹ Broken braces means more time away from school. You might not mind now but not only do you miss lessons it wastes parents and carers valuable time and money

Please look after your brace and check it at least once a day. If something does break or you are having problems call us as soon as possible, **don't leave it until your next routine appointment is due.**

01767 317777