PARK LANE ORTHODONTICS

EMBRACING YOUR FUTURE SMILE

What to expect

Fixed appliances are braces that are attached to the teeth. They consist of brackets and wires that apply gentle forces to move the teeth into the ideal position. A typical course of treatment will be around 18 to 24 months.

The first few days the mouth and teeth will be adjusting to the brace, and it is normal to experience slight discomfort. During this period it is advisable to take some analgesics such as Ibuprofen or Paracetamol. The brace may rub the lips or cheeks; this can be relieved by placing wax from the starter pack over the relevant area of the brace.

When the brace is first fitted, it is not uncommon for the upper teeth to touch the lower brackets. This will change as treatment progresses; however it is important to avoid biting heavily on the brace. As the teeth start to align, the wire may start to protrude from the back of the brace. If this is the case, it means the teeth are straightening rapidly; however if the wire is irritating the cheek the wax should be used. If there is a lot of wire protruding, please contact the practice so it can be trimmed. It is also common to see small spaces appear as the angulation of the teeth is corrected. Please do not be alarmed, these spaces will be closed as treatment progresses.

You may need to wear elastic bands to improve the bite of the teeth. Elastics are normally worn for 24 hours a day and are only taken out for eating and tooth brushing. They need to be changed every 12 hours. Always carry some spare elastics with you in case a band breaks.

Fixed appliances are normally adjusted every 6-8 weeks. Clearly, attending your appointments is essential to ensure the quickest and best result possible. If a breakage occurs please contact the practice so that the brace can be repaired at the next available appointment.

Please maintain regular visits to your dentist and hygienist throughout your orthodontic treatment.

65 Park Lane Tilehurst Reading RG31 5DP TEL 0118 941 1628