



Trust experience and discover
more than a smile.



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**Your braces
are on!**

Congratulations on having your braces fitted! This is something to be proud of and you should be now meticulous in protecting and cleaning the brace.

Are my braces going to be uncomfortable?

Your teeth are likely to be tender for about 3 - 5 days after each adjustment. If necessary, simple painkillers such as the ones you would normally take for a headache should help (please read the instructions on the packet).

If the brace rubs your lips, cheeks, tongue you can use some wax to help.

Can I eat normally?

Yes! You can eat normally. Simply cut all your meals in small pieces using knife and fork and bite with your back teeth to avoid breakages of the braces.

Dietary advice

- Avoid sugary snacks/drinks between meals and at bedtime.
- Avoid sticky, chewy or hard sweets, mints and chewing gum.
- Avoid fizzy drinks (including diet drinks) and large amounts of fruit juice.
- Avoid hard or chewy foods - such as apples, carrots and crusty bread.

Oral Hygiene

- Brush your teeth 3 times a day for at least 3 minutes using a fluoride toothpaste
- Brushing your braces takes a bit longer so take your time and use the interdental brushes provided to help cleaning in between the wires.
- Use a daily alcohol free fluoride mouthwash at least 20 min after brushing.
- Make sure your gums are nice and healthy by brushing them at the same time as brushing your teeth.

What if I play contact sports?



It is recommended that you wear an orthodontic mouth guard. You can purchase one from the Practice that is specially designed to fit around your fixed brace.

What if I play a musical instrument?

A fixed brace may make it more difficult for you to play your wind or brass instrument. You will need to discuss this with your music teacher.

What to do if the braces break?

Please do not panic but ring the Practice as soon as possible so we can arrange to fix your braces. In the mean time you can use wax to keep the discomfort to minimum.

Please note: Continued breakages leads to delayed treatment

Would I need to wear elastics?

Elastics may need to be worn on a full or part time basis at some point during the treatment. The aim of the elastics is to aid in the bite correction. Failure to cooperate will lead to delayed treatment and undesired finished results.

How often will I need an appointment?

You will need regular appointments (usually every 6- 8 weeks) during treatment for the brace to be adjusted.

Do I still need to see my regular dentist?

Yes. It is important you still have checkups and hygiene (every 3-6 months) with your regular dentist throughout the treatment. Your orthodontist will not be checking your teeth for decay or gum disease.

Please note that orthodontics is a specialty of dentistry that cannot change the size, shape and colour of your teeth.

Whilst you will get the desired improvement in your smile, function and long term health, if you wish to have a perfect smile then orthodontics would need to be coupled with some form of restorative/ cosmetic treatment to achieve that.