

The logo for REFINE dental care, featuring the word "REFINE" in white capital letters on a brown rectangular background.

SPECIALIST DENTAL CARE

The logo for 45 years of combined orthodontic experience, featuring the number "45" in a stylized font with the text "Years of Combined Orthodontic Experience" below it.

Years of Combined
Orthodontic Experience

Fixed Braces

What should I expect when my braces are fitted?

- Your teeth may be tender for a couple of days after your brace is first fitted. This usually wears off quickly as you get used to your brace. After each adjustment your teeth may become tender again. Painkillers should be taken for a couple of days and keep to a soft diet if needed. If the pain persists, please contact us.
- Occasionally your cheeks and lips may be sore or ulcerated due to the brace being in place and due to it feeling unusual in the mouth. Wax or silicone can be used as a cushion as a temporary measure. Dry the area and mould the wax to the bracket or wire and where possible please email us a picture, along with the patient's full name and date of birth to info@refinedental.co.uk. Alternatively, please call us.
- Speech is not usually affected with fixed braces, however if you have a holding arch fitted, speech may be a little different for a couple of days.

How do I clean them?

- Brush your teeth and braces after every meal and before bed.
- Use a brush with a small/medium head and fluoride toothpaste. Brush all surfaces of the teeth especially the area between the brace and your gum.
- Use a small interspace brush or spiral brush between the wire and the tooth ensuring you brush right up the brackets.
- Use a Fluoride mouthwash daily.
- Disclosing tablets should be used regularly to ensure effective tooth brushing.

We sell maintenance kits which have everything discussed above in them, these can be purchased from reception on the day your brace is fitted. The charge is currently £13.50

Do I need to avoid anything whilst eating?

- Avoid hard, sticky or chewy foods, these can damage your brace and bend the wires which, stops tooth movement.

- Avoid foods high in sugar content, these encourage germs to build up around the appliance leading to tooth decay.
- This can result in formation of permanent unsightly marks on the teeth.
- Avoid fizzy drinks and fruit juices, these are acidic and may cause marks to develop on the teeth.
- Stopping any habits (e.g., thumb sucking, nail biting, pencil chewing) that could damage the teeth and/or or break the brace

Can I play contact sports with my fixed braces?

- Yes, but when wearing braces mouth guards should be worn. You can get one that is mouldable in hot water or a custom made one.
- These can be purchased from reception, please be aware that for the custom mouth guards you will need to have a scan sent to the lab and an appointment to fit the mouth guard when it is back.

What should I do if my brace is digging in?

- Use wax or silicone as a temporary measure and contact us as soon as possible to check if an emergency appointment is needed.
- Where possible please email us a picture, along with the patient's full name and date of birth to info@refinedental.co.uk

What should I do if I break my brace?

- Check each band and bracket every day. If you have any breakages please email us a picture, along with the patient's full name and date of birth to info@refinedental.co.uk. If you are unable to email us, please call us
- Please bring all the broken parts of your brace with you as often they can be repaired.

What happens once the treatment is complete?

- Once treatment is complete then retainers must be worn.
- These will be worn for 6 weeks full-time, then every evening and night for one year, followed by **1-2 nights/week indefinitely**.
- If retainers are not worn and/or are discontinued there is a high likelihood that the teeth will move and the results of treatment will be lost. There will be a charge to replace lost/broken retainers. Please be aware, retainers are for life! You will always need to wear them to keep your teeth perfectly positioned.