Your fixed brace

Information for patients, relatives and carers

ⓘ For more information, please contact:

Department of Orthodontics

The York Hospital
Wigginton Road
York, YO31 8HE
Tel: 01904 631313

Scarborough Hospital
Woodlands Drive
Scarborough, YO12 6QL
Tel: 01723 368111

Caring with pride
You have now had your fixed brace fitted. This might feel strange and feel uncomfortable for the first few days. This is normal as the teeth begin to move. You may need some headache tablets. If the brace rubs on your cheeks or lips, soften a small piece of the white wax you were given and place it on the brace, wherever it is rubbing. Your orthodontist can tell you about gum shields that fit over braces if you need one.

What can I do to help my treatment?

- **Eat and drink sensibly**

  Limit sugary things to mealtimes – The bacteria (germs) in your mouth use sugar to make acid. This acid can damage your teeth and make holes.

  Fruit, juice and squash have natural sugars – these count as a sugary snack, so limit these to mealtimes.
• **Avoid hard, chewy or sticky foods**

  Biting into hard foods like apples or pizza crust can damage the brace, cut these up into small pieces.

  Sticky foods are difficult to clean off the brace. Avoid things like cake, sweets and toffees.

• **Keep your brace and teeth clean!**

  There are lots of hiding places on your brace for food and bacteria to get trapped! Brush your teeth in the morning and evening **and** after each meal.

• **Use a fluoride mouthwash**

  Fluoride protects your teeth and helps them heal. Use a mouthwash with 225ppm fluoride or 0.05% sodium fluoride (NaF) in. Use this at a different time of the day to brushing to help protect your teeth.

  Mouthwash is not a substitute for tooth brushing!
- **Take care of your brace**

  Biting hard things like pens or pencils can damage your brace. If you damage your brace often, your treatment will take longer.

  If something is broken on your brace call the orthodontic department voicemail on York 01904 726 408 or Scarborough 01723 342082. Leave a message and one of the team will call you back. If your next appointment is in less than two weeks and the brace is not causing pain, it is usually ok to wait for your appointment.

- **Keep seeing your dentist for regular check ups**

  Your orthodontist is checking your brace to straighten your teeth. Your dentist still checks the health of your teeth so you should keep seeing them regularly. They may want to see you more often or prescribe you high fluoride toothpaste.
Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact your orthodontist.

Teaching, training and research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email pals@york.nhs.uk.

An answer phone is available out of hours.
Please telephone or email if you require this information in a different language or format

If you require this information in a different language or format, please call or email us.

Jeżeli niniejsze informacje potrzebne są w innym języku lub formacie, należy zadzwonić lub wysłać wiadomość e-mail.

Bu bilgileri değişik bir lisanda ya da formatta istiyorsanız lütfen telefon ediniz ya da e-posta gönderiniz.

01904 725566
email: access@york.nhs.uk

Braille  Audio e.g. CD
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Owner  Tarun Mittal, Post-CCST Registrar in Orthodontics
Mr J Kindelan, Consultant

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