

## **INITIAL ADVICE/INSTRUCTIONS FOR FIXED BRACE CARE**

### **Brushing**

- Manual or electric toothbrushing the braces with the brush angled towards the brace from the gumline and the biting edge.
- Use of bottle brushes to brush behind the archwire, concentrating on the vertical surfaces of the brackets. Start with smallest size (red).
- Always brush after eating.
- Take bottle brush to school to clean after lunch.
- Brush or use fluoride mouthwash at bedtime.

### **Diet**

- Very soft food diet for the first few days.
- No biting through apples or crusty bread with the front teeth – chop up!
- Avoid toffees, caramel, boiled sweets chewing gum, nuts.
- Low sugar diet.
- Restrict acidic (coke, lemonade, pure fruit juice) drinks to mealtimes.

### **Pain**

- Painkillers (Ibuprofen by choice) will probably be required over the first few days.
- The teeth will be sore to bite on and may throb or feel numb.
- This generally wears off after 3-4 days but may last longer.
- Irritation to the cheeks and lips can occur and can be managed with relief wax.
- Oral anaesthetic gel is advisable if ulcers occur. Bonjela is not advised for under-16 year olds.

### **Emergencies**

- If there is a problem telephone for advice.
- If the wire comes out at the back try to feed it back into the tube with tweezers.
- Broken wires, loose brackets or wires that won't go back in – phone for advice.
- Emergencies tend to occur in the early stages of treatment through patient carelessness with chewing/biting – soft food!!

*Dr Chadwick advises a gum shield is to be worn for any contact sports.*

- **In an emergency contact us on 01743 344921 or visit our website, [www.shrewsbury-orthodontics.co.uk](http://www.shrewsbury-orthodontics.co.uk), for further advice.**
- **Website:** Look at our 'What's New' icon and view the brace friendly recipes, suitable for the whole family.