

Please bring your toothbrush with you when you come to see us and brush your teeth before your appointment. This will help us to see if you are brushing efficiently.

If you are happy with your treatment here, why not tell your friends about us? Or post a review on google



Good Luck



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Telephone 01582 465 200

Our office hours are
Mon - Thurs 8:00am - 5:15pm
Fridays 8:00am - 4:15pm

Our surgery hours are
Mon - Thurs 8:00am - 5:30pm
Fridays 8:00am - 4:30pm



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Your Braces

- ☒ Fixed braces are bonded to the teeth and are not removable.
- ☒ The wire running along the brace applies a gradual gentle force to push/pull the teeth and teeth roots into perfect alignment.
- ☒ The brace creates space for crowded teeth, reducing the need for extractions or surgery, providing continuing support for facial structure, which can decrease the signs of aging.
- ☒ Your teeth are not used to being moved and so at first it's normal to experience some discomfort. Throughout the initial week this will slowly disappear.

Today we will be starting the fixed brace phase of your treatment.

Let us tell you some of the names of the parts of the brace. Please try to use these to explain to us which part of your brace is involved, if you phone with a problem or have any questions.



Brackets

Brackets are the little steel 'blocks' which are cemented onto the outside surface of each individual tooth. These have little gates on them which slide over the archwire to hold it in place.

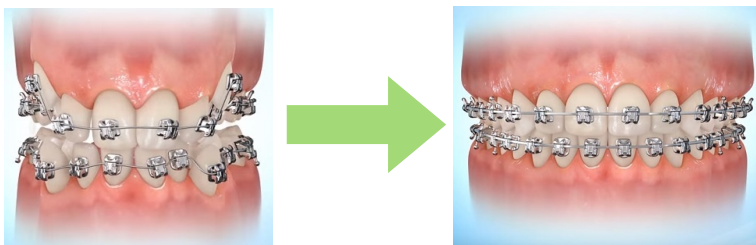
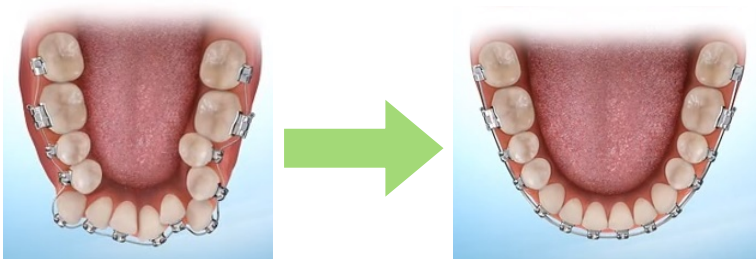


Archwire

These are continuous lengths of wire which run through the individual brackets. The wires are responsible for tooth movement.

How does it work?

The wire in your fixed brace is memory wire. As your teeth are not perfectly straight yet we will need to bend the wire slightly to allow it to fit your teeth. Over time the wire will move, gradually returning to its original, perfectly arched shape, gently moving your teeth into this perfectly aligned position too.



Will it hurt?

Your teeth are not used to being moved and so at first it's normal to experience some discomfort. Throughout the initial week this will slowly disappear.

Is there anything I should avoid eating?

You must avoid eating sticky foods, such as toffees, chewy sweets, and chewing gum etc. You also need to make sure all hard foods such as apples, pizza crusts, spare ribs etc are cut up into bite size pieces before you put them in your mouth or else breakages will occur, which will increase your treatment time.

How do I keep it clean?

You will be given a starter kit to enable you to keep your brace in pristine condition. This super care kit contains lots of useful items to help keep the braces and the teeth clean.



We strongly recommend that patients wearing fixed braces use fluoride toothpaste and mouthwash. This will help prevent decalcification, which in turn can lead to cavities.

The estimated treatment time discussed with you at the initial consultation was made with the assumption that appointments are kept and the braces looked after, with few or no breakages.

Breakages can occur during treatment and may extend treatment time. If there are continual breakages an extra fee will be levied. The cost will be dependent on the type of breakage and you will be advised in advance what this cost will be. Please bring any broken parts with you to your next appointment.

Please telephone us as soon as possible if any part of your brace is broken or loose. This will enable us to make a repair appointment. Failure to do so may result in us not having enough time to do both repairs and the normal check-up, increasing the overall treatment time.