



## **ADVICE FOR BOTH REMOVABLE AND FIXED ORTHODONTIC APPLIANCES**

- 1.** Do not eat sweet, sticky or hard foods and try to keep fizzy drinks to a minimum.
- 2.** Brush your teeth well and frequently. Remember, your brace makes it more difficult to clean your teeth thoroughly.
- 3.** Your teeth may feel “tight” at the beginning of your treatment but this should improve after a few days.
- 4.** If you damage or break your brace, please contact the practice **immediately** to arrange treatment.
- 5.** Braces that can be removed should be removed when playing sport or when swimming.
- 6.** It is important that I see you regularly (every 4-6 weeks) if we are to achieve quick and worthwhile results.
- 7.** Straight teeth will improve your appearance and help maintain your gum health.
- 8.** If you do not clean your brace and teeth thoroughly, dental cavities and gum disease may occur.
- 9.** Attend the hygienist at the beginning of your treatment for instruction and guidance on how to maintain your dental health during your orthodontic treatment. Prevention of disease is essential.
- 10.** Appointments during treatment may be specified by your dentist if there is evidence of dental disease.
- 11.** After completion of your orthodontic treatment, an appointment with the hygienist is recommended to all patients so that any deposits on teeth and around the gum margin can successfully be removed so that your dental health can return to normal.
- 12.** Please keep this advice sheet safe and refer to it if necessary.

