



Instructions for Fixed Ortho

1. Cleaning of the teeth to a high standard is necessary for wearing fixed braces. This must be established prior to fitting the braces.
2. Plaque disclosing tablets are available from the surgery or Oral hygiene instruction may be required.
3. Avoidance of refined sugar in diets eg; sweets, chocolate, cakes and biscuits e.t.c is require – Decay is encouraged with braced and black marks on teeth can result.
4. Chewing gum and sticky foods should be avoided at all times.
5. Teeth must be cleaned for 4 minutes morning and night after any food, failure to do this will result in gum disease and decay.
6. Slight discomfort or rubbing may be felt for the first few days. To prevent ulceration, there is an orthodontic kit available which has wax and local anaesthetic which is helpful. Treatment for ulceration caused braces: ask reception and a kit can be organised from the surgery. If the pain is severe call the practice.
7. Discomfort may be felt after each adjustment to the appliance, this is normal as the appliance is putting pressure on the teeth to move. In this sense sometimes mild painkillers are necessary. Paracetamol and Ibuprofen following stated dose.
8. If something is broken contact the surgery as soon as possible to see the dentist, as the teeth will move.
9. Regular treatment is necessary. If you are not sure when the next visit is due, or an appointment is missed or cancelled, contact the surgery to arrange another appointment straight away.
10. Fixed braces require a lot of commitment by yourself and involve the following:

- Keeping clean
- Avoiding sugary foods
- Attending appointments
- Putting up with any discomfort

11. For any further information please contact Northshore Dental & Oral Health on 54 487 849 or after hours on 0439 715 963