

YOUR FIXED BRACES

Dear patient,

Congratulations! Today you received new braces. This is the first step to a perfect smile. To make your first weeks a bit easier, we have put together some basic information for you.

1. The first days

For the first few days after you get braces, you may sense a feeling like muscle soreness, or even pain. This feeling generally starts to fade in just a few days, and eventually disappears completely. During this time we recommend eating soft foods like soups, noodles or yoghurt. Cool drinks have also proven to offer some relief, as they slightly reduce the tension in our thermosensitive braces.

In exceptional cases you may take pain medication (500 mg paracetamol, maximal 3x over the course of a day). Please call us if your pain is too strong for this dosage.

2. Loose teeth

During treatment, teeth may be loosened temporarily. This has to do with the process of restructuring the periodontal apparatus. After your braces are removed, your teeth will be just as firmly positioned as before treatment.

3. Dental hygiene

Fixed braces do restrict dental hygiene measures. This is why we strongly recommend taking advantage of the instruments we provide. We are also happy to supply replacement brushes upon request.

Please try to brush your teeth after every meal whenever possible. If you are not able to on occasion, rinse your mouth out with water.

For your oral hygiene we recommend:

▶ **A toothbrush + fluoride toothpaste:**

Please always brush at an angle and under the brackets.

▶ **Interdental brushes:**

For cleaning between the individual brackets, just as important as a normal toothbrush.

▶ **Elmex Sensitive dental rinse:**

For daily use to protect against caries.

▶ **Meridol paro CHX 0.2 % dental rinse:**

For inflamed gums, or when recommended by your treating orthodontist.

▶ **Elmex gel:**

For caries prophylaxis, 1 x per week (available at pharmacies).

▶ **Superfloss dental floss:**

1 x daily.

4. Eating

In order to prevent the loss of brackets, please avoid biting straight into hard foods like apples and bread crusts – cut them into small pieces first. Also stay away from sticky snacks like Snickers or Milky Way bars. Because of their high sugar content in combination with fruit acids, soft drinks and fruit juices should also be avoided.

5. Pressure sores

It takes a few days before your mouth and cheeks get used to the fixed braces. For this transitional period you can use the protective wax we sent home with you. Dry the place that is rubbing on the fixed apparatus with a cotton swab, and press on enough wax to cover it.

If the pressure sore does not heal, make an appointment right away – we will take care of your sore in our practice.

6. Repairs

Since the brackets are only glued on, sometimes repairs are necessary. If a bracket comes loose or a wire slips, please call our practice immediately. We will find you an appointment right away.

7. Elastic bands

Elastic bands serve to correct the position of the teeth more quickly. To ensure successful treatment, please follow the directions of your treating orthodontist exactly.

You should change these elastic bands daily. It is normal for your teeth to be sensitive for a short time after you put a new band on.

We are happy to provide you with more elastic bands at any time.

8. Appointments

Patients with fixed braces generally come into the practice every 4-6 weeks for a check-up. The time between appointments may vary depending on the phase of treatment. The purpose of most appointments is to change the wires in the brackets.

It is in your own interest to keep these appointments, or at least reschedule them in a timely manner. If you would like an appointment outside the regular check-ups, please schedule it by telephone.

Semi-annual dental check-ups and prophylaxis appointments with your dentist should continue during orthodontic treatment.

You can contact us at any time with questions, suggestions, and even critique.

Your ADENTICS practice team