

YOUR FIXED BRACES

1. The first days

For the first few days after you get braces, you may sense a feeling like muscle soreness all over your face. 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 can also make you feel better.

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. Dental hygiene

Fixed braces do make it harder to clean your teeth. This is why we strongly recommend that you carefully use the instruments we gave you at the start. 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:**

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.

▶ **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.

3. Eating

To prevent the loss of brackets, please avoid biting straight into hard foods like apples and bread crusts – cut them into small pieces first. Please 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.

4. Pressure sores

Pressure sores are very unpleasant. It takes a few days before your mouth and cheeks get used to the fixed braces by forming a kind of horny layer. For this transitional period you can use the protective wax we sent home with you. Dry the place that is rubbing on the braces 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.

5. Repairs

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

6. Elastic bands

Elastic bands help 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.

7. Appointments

You will generally come into the practice every 4-6 weeks to change the wires in the brackets.

The time between appointments may vary depending on the phase of treatment.

This is why it is so important to keep your appointments, or at least reschedule them in a timely manner. We do not like to keep you or any other patients waiting! 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