



If there is anything you need clarifying,
please do not hesitate to contact us on
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FIXED BRACES

WHAT ARE FIXED BRACES?

Fixed braces are made up of brackets glued onto each tooth. The main wire slots into each bracket which puts force onto the teeth to straighten them.

WHAT FOODS/DRINKS SHOULD I AVOID?

Avoid biting into hard foods, cut foods into small pieces. Nail biting and pen chewing can also damage or break the brace.

Eating the wrong foods will break your brace. During your brace treatment you should avoid eating particular foods, such as chewing gum, hard and chewy sweets, apples, carrots and crusty rolls.

Avoid fizzy drinks and natural fruit juices as they are high in sugar and can be acidic, leading to tooth decay and erosion. We advise to cut down these drinks to once or twice a week and to have them with your meal through a straw. Outside of meal times water and milk are advised.

HOW DO I CLEAN MY TEETH WITH FIXED BRACES?

It is very important to spend extra time brushing (manual or electric toothbrush) around the brace and the gums. We advise to brush 4 times a day which is after each meal and once before bed. The use of interdental brushes at least once a day is advised in between the brackets and behind the main wire. We also advise to use a fluoride mouthwash once a day 15 minutes after brushing your teeth before bed. All of these things can be purchased from reception.

WHAT SHOULD I DO IF IT BREAKS?

Please contact the practice to have the brace repaired.

WILL IT HURT?

It is usual for the teeth to be uncomfortable for a few days after the brace is first fitted. A soft diet and painkillers, if required, will help until symptoms settle.

Some parts of the brace may cause discomfort to your gums and lips causing sore spots or ulcers up to two weeks after your brace has been fitted. You can purchase wax to place over the part of brace that is causing you discomfort, however if after this time your brace is still causing continual soreness you can contact the surgery for advice.

WHAT IF I PLAY SPORTS?

If you play certain sports such as rugby or hockey, you will need to wear a mouthguard to protect the braces and still allow the teeth to move. These mouthguards can be purchased at reception.

HOW LONG WILL MY TREATMENT TAKE?

Treatment generally takes 18-24 months but this will vary according to how severe your case is. Failed and cancelled appointments or repeated breakages of your brace will increase the length of treatment time. Managing braces is a learning curve so breakages can happen initially while you are learning how to eat with them. However, if breakages continue throughout treatment due to not eating the correct things the orthodontist will review if you are suitable for treatment.

SHOULD I STILL VISIT MY REGULAR DENTIST?

You should visit your regular dentists for your routine checkups as normal during your brace treatment.

YOUR TREATMENT AND WHAT WE EXPECT FROM YOU

Braces should be worn as directed, looked after, and the correct diet should be followed to avoid breakages to obtain the desired result. Otherwise the orthodontist will review if it is suitable for you to continue with treatment.