

## Fixed Appliances - Dietary Advice

- Avoid foods which are hard or sticky, this includes:
  - Crisps
  - Toffees
  - Sweets
  - Chocolates
  - Mints
  - Chewing gum
  - Pizza crusts
  - Cereal bars
  - Crusty Bread (including baguettes)
  - Thick Meats (e.g. steak, pork chops)
  - Apples, Pears and Carrots (chop them up thin or grate)
- Cut food up into smaller pieces and chew it on your back teeth to avoid breakages. Frequent breakages will prolong the length of your treatment. If the brace continues to be broken we may discontinue your treatment.
- Avoid fizzy drinks completely as these can damage your teeth with the braces on, leaving permanent marks when the brace is removed. This includes diet fizzy drinks. Water, milk and sugar free squash are the best.
- Avoid too much sugar in your diet as it will cause permanent damage to your teeth.
- Avoid any habits such as nail biting or chewing pens. Biting nails with the brace on can weaken the roots of your teeth which will make your teeth loose.
- A mouthguard must be worn for **ALL** contact sports.
- You may experience some discomfort when your brace is fitted/adjusted. Painkillers which are usually taken for a headache should be used.

***Please contact the practice if anything is broken or you have any questions or concerns.  
It is very important that you continue to see your own dentist for routine check ups whilst you are  
receiving orthodontic treatment.***

Please sign below to say you have read and understood the diet and oral hygiene instructions.

**Date:**

**Patient Name:**

**Signature:**

## Fixed Appliances - Oral Hygiene Instructions

- Brush 3 times a day for at least 4-5 minutes.
- Brush after you have eaten any meals as food gets trapped around the brace and can cause damage to your teeth.
- Make sure you angle your toothbrush all the way around the brackets and don't forget to brush your gums! You can use a manual or electric toothbrush.
- Use interdental brushes to clean under the wire and between the brackets as your normal toothbrush can't reach these areas.
- Use disclosing tablets once a week, they highlight any plaque so you can see which areas you are missing when brushing.
- Use a fluoride mouthwash once a day.
- Use orthodontic wax if the brace is rubbing on your lips or cheeks. This will prevent any painful ulcers from occurring.

Your teeth and gums should look like this:



If you don't maintain your oral hygiene you could end up with this!



### Using the disclosing tablet:

1. Chew up the tablet and swish it all around your mouth
2. Look in the mirror, any areas which are dark pink/purple in colour is where you are missing with your toothbrush
3. Brush away these areas with your toothbrush
4. Next time you brush your teeth remember where you missed!
5. Use them before bed as they do stain your mouth for a few hours!



### Using the interdental brush:

1. Use after using your normal toothbrush
2. Place in between the brackets underneath the wire and brush side to side
3. Repeat for every gap between the brackets

You don't need to use a new Brush every time! Replace once the bristles look worn.



### Using the orthodontic wax:

1. Dry the area of the brace which is rubbing - saliva stops the wax from sticking
2. Rip a small piece of wax off and rub it in your fingers so it is softer
3. Mould it around the bracket that is rubbing

### Tips for brushing your teeth:

1. Angle brush towards the gum and towards the top of the bracket
2. Use circular motions and spend a few seconds on each tooth before moving onto the next
3. Then brush across the brace itself
4. Then angle your toothbrush underneath the brackets and again use circular motions to clean each tooth at a time

