

Breakages

In the case of any breakages or loose parts, please contact the practice for further information. Please let us know what has broken and where it is. Once the reception team have liaised with the dentist, they will advise you on what to do. You will be permitted up to three appointments for breakages or emergencies during the treatment. Any further appointments will carry an additional charge.

Retainers

Once your treatment is completed you will be required to wear retainers.

The retainers should be worn for as long as you want to keep your teeth straight!

Initially they will be worn every night while the teeth settle into their new position, and then in the longer term they should be worn one to two nights a week.

Bonded (fixed) retainers are recommended as an adjunct to the removeable retainers. These are discreet wires affixed to the inside of your teeth.

Replacement removable retainers and fixed retainer repairs will incur charges in the future.

Appointments

Regular appointments are required for wire changes. Please attend these as requested as they are timed to ensure the treatment follows the planned schedule.

If you cannot make an appointment, please contact the practice to cancel at least 48 hours before your appointment to rearrange. Cancellations within 48 hours or missed appointments will carry a charge.

Regular hygienist visits are recommended to keep the brace and teeth clean. These can be booked at reception and will incur hygienist charges.

Need help?

Should you have any problems or need to book or change your next appointment, or arrange a hygienist visit, please contact the surgery.

Treatment notes

Please use this space to note down any specific details about your treatment:

CARING FOR YOUR BRACE

INFORMATION ON DIET, ORAL HYGIENE AND MORE DURING ORTHODONTIC TREATMENT

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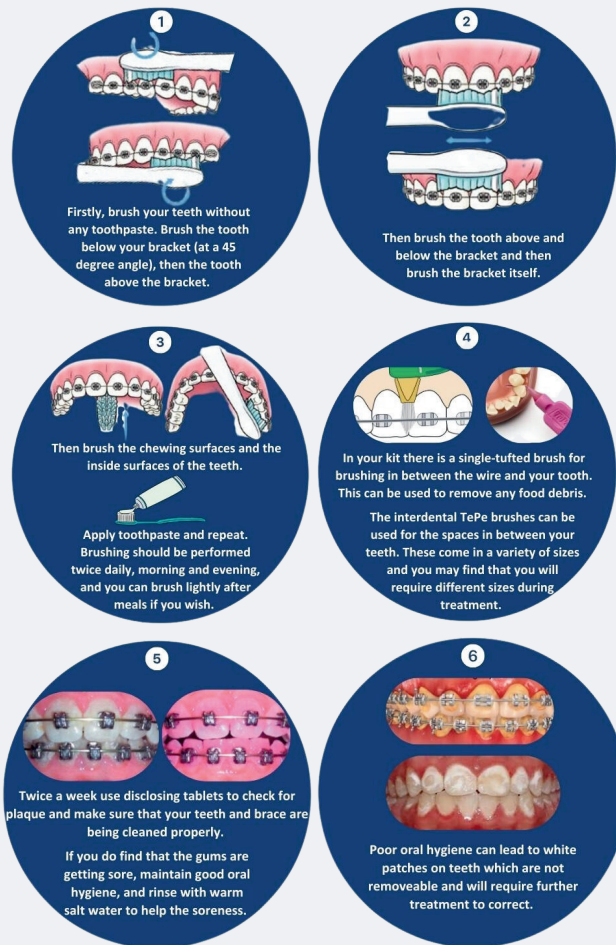
dr *misha* amin
DENTISTRY

Oral hygiene

Your braces and teeth need to be kept clean to ensure that you do not develop any adverse side effects in your mouth, such as decay and gum disease. This is why we will only fit your braces once you have shown that your oral hygiene is immaculate.

To keep your brace clean, the items in your oral hygiene pack will be needed, alongside a fluoride toothpaste and an electric and/or manual toothbrush.

Brushing with your brace



Diet

Some dietary modifications will be required to ensure that you do not get decay around your brace and do not have any breakages. If your diet is not modified the treatment will take longer if there are breakages and there will also be a risk of decay of the teeth which will require further treatment to correct.

Tips for enjoying food with braces

- Cut food into small pieces, especially crunchy foods such as apples and carrots.
- Smoothies and milkshakes should be drunk through a straw.
- Try to avoid snacking on fruit throughout the day as this can keep acids on the teeth.
- Tea and coffee will stain the teeth around the brace and should not contain sugar. The staining can be removed by the hygienist.
- Fizzy drinks, fruit juices and squashes should be kept to a minimum, less than twice a week, at mealtimes only, and always through a straw.

FIRST WEEK OR TENDER DAYS

Mashed potatoes
Porridge
Pancakes
Eggs
Yoghurt
Shakes/Smoothies
Bananas
Soups
Pasta dishes
Jacket potatoes
Noodles
Avocado
Fish
Sweet potatoes



TO ENJOY EVERYDAY

Fresh fruit (cut)
Boneless fish
Boneless meat
Rice
Corn off the cob
Sandwiches
Wraps
Salads
Vegetables (cut)
Pizza (no crust)
Cheese
Biscuits
Cake
Plus all of this



AVOID AND LIMIT

AVOID
Crusty bread & crusts
Toffee & sticky sweets
Uncut hard vegetables
Corn on the cob
Boned meat
Hard sweets
Popcorn
Chocolate from fridge
Chewing ice

LIMIT
Fizzy drinks/squash
Fruit juices
Sweets/chocolate



Soreness and tenderness

During the first few days of your brace being fitted, you may experience some tenderness as the teeth begin to move.

Over-the-counter painkillers can be taken; anything that you would take for a headache is fine. You may find that the teeth feel a little 'loose' as they move - this is normal!

Orthodontic wax, supplied in your starter pack, can be used on areas that feel particularly uncomfortable.

Bonjela and/or warm salt rinses can also be used on the sore areas. The soreness will get better as your mouth gets used to the brace. Like a new pair of shoes rubs your feet before becoming your favourite shoes, the brace will behave similarly in your mouth.

Elastics

During your treatment you may be required to wear elastics. You will be shown where these will need to be placed and these should be worn as directed. They may be removed for eating, however it is best to eat with them in. They can also be removed for brushing. The more you wear your elastics the quicker the treatment will progress.

Your oral hygiene starter pack includes products that may help you in the first few weeks of having your brace fitted. Please ask if you need to purchase additional items or would like advice on alternatives.

