



NEW FOREST ORTHODONTICS

INSTRUCTIONS FOR FIXED APPLIANCES

Discomfort - Cover irritating edges with the wax available at reception. (If necessary take whatever painkillers you normally would take for a headache)

LOW SUGAR DIET- See overleaf/cleaning

Keep teeth very clean – clean with a small soft toothbrush, small circles over gums, in and behind the wire and between and around the brackets - at least twice per day.

Daily fluoride mouth rinse - once per day, a different time to brushing teeth. A sodium fluoride based mouthwash is recommended.

Avoid breakages – Reoccurring breakages can delay your treatment. **AVOID EATING ANYTHING STICKY, HARD OR CHEWY!!**

PLEASE BRING ANY BROKEN BRACKETS WITH YOU AT YOUR NEXT APPOINTMENT

Eat with care! NO..

Chewing gum, toffees, sweets, hard chocolates, mints or ice. Hard crusty rolls, nuts, hard crisps (choose corn based i.e. skips, monster munch etc.), hard pizza bases, corn on the cob and pork crackling. Chop things up! (e.g. apples, carrots) Don't chew pens, bite fingernails!

If you have a cold sore on the day of your appointment you will need to rearrange, as these are highly infectious!

YOU MUST CONTINUE REGULAR CHECK-UPS WITH YOUR DENTIST!!

***If you are having any extractions then please contact your dentist in 3-4 weeks time.**

GIC Blocks

If you have GIC blocks fitted to your back teeth to free your bite to aid tooth movement then please stick to a soft diet. Your bite will be limited but as the blocks wear you will get used to these. Top ups may be required at your regular visit or sooner if needed.

Any Problems

Please send an email with photos of the issue with your fixed brace/removable appliance to: newforestortho@hotmail.com

Please include the patients date of birth and initials on the email.

A broken bracket is NOT an emergency and can be left until your next appointment if you are not in any pain. General discomfort is to be expected, but if your brace is causing you severe discomfort or pain.

Out of hours emergencies

Please call the practice on 01590 679111 and leave a clear message on our answer phone and someone will get back to you as soon as possible to book an appointment or give advice.

If you feel that you need to be seen urgently outside of our opening hours, then you can contact the NHS Dental Helpline on 111 for advice.

I confirm that I have read and understand the instructions given to.....

Signed..... Date.....



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Low sugar diet to prevent marked teeth and decay



WHITE MARKS/DECALCIFICATIONS CAUSED BY A HIGH SUGAR DIET AND POOR ORAL HYGIENE

Avoid food or drinks sweetened with sugar or glucose syrup - read labels on packaging.

Avoid sugar in tea and coffee and on breakfast cereals.

Even sugar free drinks are acidic to teeth, whether sugar free squash, diet coke, even fizzy water- limit these to meal times and treats and try to use a straw.

Avoid all kinds of cakes, sweets, chocolate. Certainly do not have these every day, try to have a treat once a week and after a meal.

Do not snack on sweet things between meals.

Rinse with mouth wash or drink some water after anything sugary.

Try to limit use of Jams, chocolate spreads, and condiments.

Save a sweet treat for once a week, preferably at the end of a meal. Clean teeth thoroughly around an hour afterwards.

KEEP UP THE GOOD WORK AND WE LOOK FORWARD TO SEEING YOU AT YOUR NEXT APPOINTMENT!!

Please scan the QR code below to watch our video on how to clean your braces and use orthodontic wax



[How to clean your braces and use orthodontic wax](#)

Braces For You
Creating Your Signature Smile



NEW FOREST ORTHODONTICS



**BRITISH
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SOCIETY**

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