

CARING FOR YOUR TEETH, GUMS AND BRACE

- Regular check-ups with your dentist
- Brush brace, teeth + gums, three times a day
- Fluoride mouth rinse daily
- Avoid hard, sticky, sugary foods and fizzy drinks
- Gum shield while playing sports
- Failure to keep teeth clean will lead to decay and permanent scarring of teeth



TYPES OF BRACES

- Removable braces
- Functional braces
- Fixed braces



Orthodontic Department
DCHFT
Mr T H Bellis
June 2019

WHAT IS IT?

- Involves wearing a brace
- May involve extractions



WHY?

- Improve appearance of teeth and face
- Improve health of teeth and gums
- Improve function (e.g. eating)



ORTHODONTIC TREATMENT

Discomfort

- Teeth tender 3-5 days, take painkillers
- Lip and cheek irritation, use wax



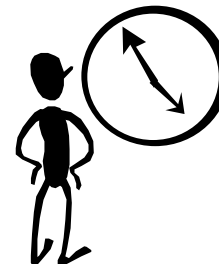
WHEN WILL THE BRACE BE FITTED?

- Depends on the teeth present in the mouth
- Depends on the stage of growth of teeth and jaws



Emergency

- Contact the department for repair – 01305 255174
- Repeated breakages will slow down treatment



LENGTH OF TREATMENT

- On average 24 months
- Frequent regular appointments for adjustments
- Retainers at the end of treatment to keep the teeth straight worn at night