

Orthodontic appointments during the coronavirus (Covid-19) outbreak

From 8 June 2020 we are operating a reduced service and are able to see some patients for their orthodontic appointments.

We will be contacting our patients in due course to arrange an appointment.

If you are in pain or discomfort, please contact our department on 01305 255174 and we will advise if an emergency appointment is needed.

Queries about my brace

If you have any concerns about your brace, we are happy to talk to you to offer advice. Our contact details are at the bottom of this page.

Please see the Frequently Asked Questions below for answers to some common queries.

How will this affect my treatment?

It is important you look after your brace until we can see you again. This will make sure you get the best possible outcome from your treatment. There are some tips below.

It is possible that your treatment will take longer. We hope you understand that your health and well-being are our priority and we will see you as soon as we can.

Keeping up to date

The British Orthodontic Society (BOS) are proving useful and up to date advice. To keep up to date with UK guidance we encourage you to check the website <https://www.bos.org.uk/> or follow the BOS Facebook posts <https://m.facebook.com/BritishOrthodonticSociety/>

What will happen if you need to come to the department?

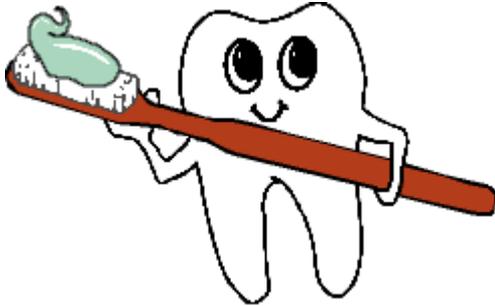
As recommended by the UK government, we are only able see people who need emergency treatment. The team can talk to you about whether you need to come in. Please do not come to the department unless you have been told it is necessary.

If you do need to come to see us, we kindly request the following:

- Please do not bring more than one person with you. If you are happy to come on your own, this would be best
- Please do not bring any elderly relatives
- Please let us know if you or anyone in your household has had a cough or temperature in the last 7 days
- Please arrive at the time of your appointment to avoid waiting around
- Please wash your hands or use alcohol gel when you arrive and leave the department

For all patients, we will follow strict infection prevention protocols. Please do not be worried if we are wearing masks and goggles that you have not seen before.

Looking after your brace



Keeping your brace clean

Brush your teeth every morning, night and every time you eat. Remember to use small brushes to get in around your brace.

Use an adult fluoride toothpaste. After brushing spit, but do not rinse with water.

You can also use a fluoride mouthwash at a different time to brushing.

If you have a removable brace, please remember to take it out to clean it.

Diet advice



Reduce the frequency of sugary foods.

Avoid fizzy drinks (even diet varieties) and natural fruit juices as these are often high in sugar and can be acidic.

Water is the best drink for your teeth.

Healthy foods to eat between meals includes wholemeal bread, plain cheese, dry crackers, breadsticks, fruit and vegetables.

Being careful not to break your brace



Avoid crunchy, hard or sticky foods - these may break your brace.

Some foods like apples may need to be cut up into smaller pieces.

Avoid chewing pen lids and biting your nails.

Try not to fiddle with your brace. Do not try to fix your brace yourself if a bit comes loose. Please contact your orthodontic team and they can give you advice.

FAQs - possible problems with your brace

Something on my brace is loose

If part of your brace has snapped or become loose, you only need to contact us if it is painful or there is a danger of you inhaling it. If it is not causing you any pain, we can fix your brace next time we see you.

My brace is rubbing

Please call us and we can post you out some wax to put on the bit that is rubbing you.

I have run out of elastics

Please call us and we can post you out some more elastics.

I don't know if I need to wear my elastics

If you are not sure whether to wear your elastics, please email us and we can arrange a telephone consultation with an orthodontist.

I was due to have my fixed braces removed. Do I need to come in?

We will be in touch as soon as we can to see you to remove your brace. Please make sure you look after your brace to avoid damage to your teeth or brace.

Should I keep wearing my removable brace?

If you are not sure whether you need to wear your removable brace, please contact us and we can arrange a telephone consultation with an orthodontist.

If you are having any problems with your brace and you would like advice, please email us and someone from the team will get in touch.

Contact us

If you are a patient in the department and have any queries, please telephone us on **01305 255174** and someone in the team will be able to help.