

Starting Orthodontic Treatment

Usually a one hour appointment is required. The braces you are having fitted are made up of many parts, these include:

- Brackets** A bracket is adhered to the front of each tooth. Each bracket has a groove that runs through it. The brackets are made of stainless steel.
- Archwire** A thin wire runs through the groove in the brackets and into a tube on the molar tooth. These wires are changed periodically throughout the treatment.
- Ligatures** Tiny rubber bands go around each bracket to hold the archwire in place. These come in many different colours. You can choose up to 2 different colours each visit.

Will it be painful?

After your braces are fitted, your teeth may be sore for 3-5 days. If necessary, take painkillers such as the ones you would normally take for a headache (please read the instructions on the packet). Also, the inside of the lips and cheeks may be irritated by your new brace. Wax can be placed on the braces to help prevent soreness.

Can I eat normally?

Yes you should be able to eat normally. However, for your orthodontic treatment to work well and in the shortest possible time it is important you take care of your teeth and brace. In order to prevent damage to both, you should:

- Avoid eating toffees, boiled sweets, sugared chewing gum, chocolate bars, etc.
- Avoid fizzy drinks (including diet drinks) and excessive amounts of fruit juice.
- Take care eating hard foods which might damage the brace such as crunchy apples, crusty bread, raw carrots, etc. Cut them up first.

What about toothbrushing?

It is important you brush your teeth well, three times per day and use a fluoride toothpaste. If possible, carry a brush with you for use after lunch. Pay particular attention to brush where the gums meet the teeth. Brushing may take a little longer when you have fixed brace. A daily fluoride mouthrinse should also be used last thing at night, after toothbrushing. Failure to keep your teeth and brace clean will lead to permanent scarring of your teeth.

To help you with your oral hygiene, you can purchase an Oral Hygiene Pack. You can also have a look at the oral hygiene instruction video on our website, www.kmortho.co.uk / Patient Information / Oral Hygiene. It will show you brushing techniques as well as how to use the products in your pack.

Orthodontics for Children and Adults

Robert Katz BDS, MSc Dent (Rand), M5 Orth (Ohio State University)
Trading as Robert Katz Orthodontics Ltd, Company Reg: 7191600
Reg Office: 2nd Floor, 201 Haverstock Hill, London NW3 4QG

Gaurav Madhok BDSc Melb, MSc Lond, MOrth RCSEng, MOrth RCSEdin

165 Hale Lane Edgware Middlesex HA8 9QN
Tel: 020 8906 8660 Fax: 020 8201 1124
info@kmortho.co.uk www.kmortho.co.uk

How long will treatment take?

It usually takes 12 – 24 months but will vary according to how severe your case is. You will need to come back every 6 – 8 weeks to have your brace adjusted. Failed and cancelled appointments or repeated breakages of the brace will add to the overall treatment time.

Will I need to wear anything in addition to the fixed brace?

At some stage during the treatment, it may be necessary for you to wear headgear and/or elastics. Headgear is usually worn in the evening and at night. Elastics are worn inside the mouth all the time.

Will I need to wear another braces once my treatment has finished?

Once the active phase of your treatment has finished, it will be necessary to wear retainers. This may be removable or it may be fixed behind your front teeth. The length of time this has to be worn can vary.

Do I still need to see my regular dentist?

Yes. It is important you still have check-ups with your regular dentist throughout orthodontic treatment so that your teeth can be checked for decay.

What do I do if I play contact sports?

It is recommended you wear a gumshield. This will also be the case if you enjoy riding a bicycle, roller-skating, or skateboarding.

What if I play a musical instrument?

If you play a wind instrument, particularly the flute or a brass instrument, then a fixed brace may make it more difficult. If you require more information, please see our Advice for Musicians information sheet.

What do I do if my brace breaks?

Occasionally, a bracket will become loose or a wire will break. If you are concerned about your brace, please contact us as soon as possible. Explain to us what has happened and we will be able to advise you whether it is urgent for you to be seen. If you repeatedly break your brace treatment may be stopped.