

Lingual Fixed Braces Instruction

After fitting the braces your teeth, gums and lips may become sore initially, which will settle down after the short adjustment period.

If you feel any discomfort, use wax and ibuprofen (or alternative pain killer) to ease the pain if needed.

If any of brackets are bothering you, then place the wax on these areas.

Wax is not harmful so don't worry if you may swallow it.

If a bracket comes loose don't worry, it is nothing to be concerned about.

You can leave this to be re-attached at your next scheduled appointment. Any questions you can call us.

Please avoid direct chewing and eating crusts, nuts, popcorn, raw vegetables, whole fruit, candy. Avoid anything that is too hard and could possible dislodge a bracket.

You should try to limit tomato based sauces, black coffee, red wine, strawberries, blue berries, curries and other highly coloured food or drinks as they can stain the elastics, which we change each time anyway.

When there is tartar present on your teeth they will move slower, accordingly keeping your teeth clean is essential to make the treatment as effective as possible.

You should brush as thoroughly and often as possible with an electric toothbrush is ideal. Make sure to brush to the gum level.

To clean in-between the teeth, we recommend "tepe brushes", which you can find in most pharmacies or supermarkets (we sell them too). They came in various colours but usually pink is ideal.

If you have any questions or queries at all, please give us a call or drop an email. Be aware that the first couple of weeks are always the toughest, it will all be worth it.