

Will I need to wear anything after my braces come off?

Once your teeth are straightened and the metal braces removed, it is usually necessary to wear a retainer. This may be removable or fixed behind your teeth. The purpose of a retainer is to hold the teeth in their new positions. The length of time retainers have to be worn will vary.

How often will my braces need to be adjusted?

On average you will be seen every 4-10 weeks for adjustments.

Do I still need to see my regular dentist?

Yes. You should still see your dentist for regular check ups and routine care.

What if I play contact sports?

It is recommended you avoid contact sports during active treatment. However, if necessary do wear a gum shield (which you may need to purchase).

What do I do if my braces need repair?

Please inform your orthodontist as soon as possible to arrange for the repair. You are not advised to attempt a self-repair.

Please do not wait for your next follow-up appointment as this may slow down your treatment and add to your overall length of treatment.

Repeated breakages however, may result in your treatment being discontinued.



CARE OF FIXED BRACES

Patient Information
Leaflet

Orthodontic Unit
Dental Services
Ministry of Health
Negara Brunei Darussalam

Now that you've just had your braces fitted, CONGRATULATIONS!



Newly fitted braces

Will it be painful?

It is likely to be sore for the next 3-5 days and each time after the brace is adjusted. You are advised to take soft food and painkillers if necessary (please read instructions on the packet and do not exceed the daily dose).

If your brace rubs on your lips or cheeks, you will be given some wax to help with this.

Can I remove the braces?

The braces are now fixed onto your teeth. You should not try to remove them as this can damage your teeth.

Will I be able to eat normally?

Initially it may be difficult to eat, but eventually you should find it more comfortable. However, for your treatment to work well and in the shortest possible time it is important that you take care of your teeth and braces.

You should:

- **AVOID** sweet things like candy, sugared chewing gum, chocolate etc
- **AVOID** drinking fizzy drinks and excessive amounts of fruit juice etc
- **AVOID** any hard foods eg peanuts, biscuits, popcorn, ice cubes etc
- Cut up any tough meat, crunchy vegetables and fruits like apples which may damage your braces

How do I clean my teeth with braces on?

It is important that you brush after every meal and use a fluoridated toothpaste. Pay particular attention to the areas where your gums meet your teeth. A daily fluoridated mouth rinse should also be used last thing at night, after tooth brushing to further protect your teeth.

Failure to keep your teeth and braces clean may result in permanent unsightly marks on your teeth.

How long will treatment take?

It usually takes 18-24 months, but will vary according to the severity of your tooth arrangement. Failed and cancelled appointments or repeated breakages of the brace will add to your overall treatment time.



Early removal of braces due to poor oral hygiene

Will I need to wear anything else with my braces?

It may be necessary at some stage during the treatment to wear headgear and/or elastics. You will be advised accordingly.



Patient wearing an elastic