



Important advice

Discomfort:

- Some discomfort in the first week is normal. Your teeth will start to move very quickly which is a good thing but this can cause some tenderness. You can help this by taking painkillers you would usually take for a headache. A soft diet will also help as you will not need to use your teeth as much to chew
- The presence of a brand new set of brackets and wires on the inside surfaces of your teeth will certainly be a curiosity to your tongue. For the first week or so your tongue will be sore due to this newfound roughness. Your tongue will adapt over time but in the meantime you can use salt water mouth rinses every few hours to speed up this process
- If the appliance is causing sore areas or ulcers on your tongue or cheeks, orthodontic wax can be used to relieve the discomfort and allow healing
- **Your discomfort will reduce significantly after the first week, so please persevere**
- In the early stages it is often necessary to 'prop' open your teeth with dental cement in order to avoid biting off the opposite braces. This may take a few days to get used to and will be reduced or completely removed as soon as clinically appropriate
- Speech and swallowing may be influenced by the appliance but initial problems will improve with time

Diet:

- Eat a softer diet as much as reasonably possible. As a rule of thumb, try to minimise chewing with your teeth by utilising your hands and cutlery to cut the food into smaller, softer pieces. When you need to chew, carefully do this on your back teeth
- Hard, crunchy, chewy and sticky foods such as crusty bread, toffees, boiled sweets and chewing gum are not allowed as they will cause damage to your braces
- Sugary foods and drinks should be avoided. Choose sugar-free versions and plain water
- Fizzy drinks including sugar-free varieties must be avoided as these will cause permanent damage or staining of the enamel of your teeth
- Avoid excessive tea, coffee and red wine as these can cause staining to some parts of your braces

Cleaning:

- You should brush your teeth 3 times a day for 10 minutes and after eating to avoid permanent damage to your teeth and gums. Your treatment may be terminated at a discretion of your orthodontist if you do not clean well enough
- You should use a special orthodontic toothbrush (manual or electric) to clean your teeth, around your brace and along the gum-line. Afterwards a special interdental toothbrush should be used to clean the small spaces in between the brackets, teeth and the wire. 'Super Floss' may also be used.
- Fluoride mouthwash should be used in between brushing and before going to bed
- Disclosing tablets should be used weekly to identify problem areas where better brushing may be required

Breakages:

- Each time a breakage occurs it can prolong your treatment time
- Try to identify the problem (broken bracket, wire out, etc.) before calling to allow us to offer you appropriate advice. This may avoid unnecessary and inconvenient visit to yourself
- If a bracket comes off, keep it safe and contact the surgery to check if a sooner visit is required. Bring the bracket with you to that appointment
- We will endeavour to repair minor damage to the braces but if a new bracket or wire is required this will incur an extra charge for replacement, as these have to be custom-made by Incognito

Sports:

- Try to avoid contact sports and clenching your teeth and braces as this often causes irreparable damage

Dental-check ups

- You need to carry on seeing your regular dentist for check-ups throughout your orthodontic treatment
- It is recommended that you see a hygienist every 3-6 months whilst you are wearing braces

Incognito App

- For further information you can download the iPhone Incognito braces application available free from App Store or visit Incognito website