

University Dental Hospital of Manchester
Orthodontic Department

Information for Patients

Instructions For Fixed Appliances



This is an information leaflet to help you manage with your new fixed orthodontic appliance.

- Treat your appliance carefully and do not eat foods that may break the brace for example, chewing gum or hard sticky foods. Fizzy and sugary drinks must also be avoided, as they will damage your teeth.
- Keep your brace spotlessly clean. Food and plaque left around the brace will cause permanent damage and may extend your treatment time. Carry a toothbrush with you to clean your teeth and brace after meals.
- During the first few days your teeth may feel uncomfortable or tender. This will wear off and you will quickly get used to the brace.
- If anything breaks or loosens it may mean your treatment will take longer, as your brace will not work. Please contact department on 0161 275 6700 as soon as possible - do not wait for your next appointment.
- Keep your regular appointments with your Dentist for check-ups.
- You can still play sports but you may need a special mouth guard which will fit over the brace. Your Orthodontist will advise.
- Appliances must not be worn for long periods (over 3 months) without being checked.
- If you have been asked to wear the elastics make sure you put them on in the correct way and wear them for the required length of time. Your orthodontist will advise.



The use of fluoride mouthwash will help to strengthen the tooth enamel and prevent decalcification which can lead to unsightly white marks. (Use the fluoride mouthwash 30 mins after brushing).

Fixed Appliance Care Pathway

Patient Name	Instruction Given	Comments
<ul style="list-style-type: none"> Regular tooth brushing after every meal (this is vital for successful orthodontic treatment). Toothbrushes. 		
<ul style="list-style-type: none"> Diet/ drinks- damage to teeth. 		
<ul style="list-style-type: none"> Care of orthodontic appliances/ breakages (breakages will increase the length of the orthodontic treatment). Do not eat sticky toffee, chewing gum or any foods that could break the appliance. 		
<ul style="list-style-type: none"> Fluoride mouthwash. 		
<ul style="list-style-type: none"> Pain relief/ wax. 		
General instructions <ul style="list-style-type: none"> Keep regular appointments with your own dentist. Notify us of any change in address/ contact details (for example call barring). Please contact us if you are unable to make appointments. Please be on time for appointments. Appointments are generally during school hours. How long your treatment will take. For any breakages contact the department. Charges may be made for lost appliances. 		

Nurse signature:

Patient/ Parent/ Guardian signature:

If you require any further information or advice you can contact the department on 0161 275 6700 to speak to the nursing team who will be able to help you with your enquiry.