

How to Look After your Braces

This leaflet explains more about how to look after your braces. If you have any further questions, please speak with your treating dentist.

Cleaning

- Brush your teeth **at least** two minutes **twice a day** using a fluoride toothpaste
- Use interdental brushes between the teeth and braces daily
- Use plaque disclosing tablets as needed
- Use alcohol free fluoride mouthwash at a separate time to tooth brushing daily

Diet

Do have:

- Softer food
- Sugar-free or low sugar food e.g. vegetable and fruits
- Water and milk

Don't have:

- Chewy/Sticky food e.g. chewing gum
- Crunchy/hard food e.g. hard crusty bread
- Sugary and acidic food/drink

Appointment

- The braces appointments will be approximately every **4-8 weeks**
- Arrange to see your dentist for a check-up every **6 months**

Discomfort

- The braces may feel a little tight and rub against the insides of your mouth
- If the brace is rubbing against the cheek, apply brace wax onto the brace
- If needed, take painkillers for the first few days to help improve comfort

Broken Brace?

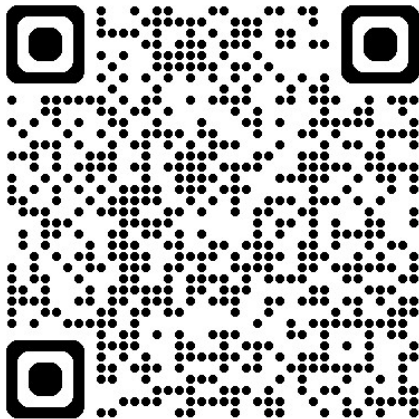
Call us on **020 8725 1233** to arrange for a broken brace appointment as soon as possible.

Useful sources of information

Information Video



Information leaflet



Scan the QR codes above for more information from the British Orthodontic Society on how to look after your brace.

Contact us

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.stgeorges.nhs.uk

Additional services

Patient Advice and Liaison Service (PALS)

PALS can offer you on-the-spot advice and information when you have comments or concerns about our services or the care you have received. You can visit the PALS

office between 9.30am and 4.30pm, Monday to Friday in the main corridor between Grosvenor and Lanesborough wings (near the lift foyer).

Tel: 020 8725 2453

Email: pals@stgeorges.nhs.uk

NHS Choices

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

Web: www.nhs.uk

NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

Tel: 111

AccessAble

You can download accessibility guides for all of our services by searching 'St George's Hospital' on the AccessAble website (www.accessable.co.uk).

The guides are designed to ensure everyone – including those with accessibility needs – can access our hospital and community sites with confidence.



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