

Orthodontic Department

Fixed Appliances



1. The fixed brace will cause you some discomfort for 4 – 5 days as pressure is placed on the teeth, and we recommend the use of painkillers in the first 48 hours.
2. It is important to clean the teeth correctly after every meal making sure to clean around the brackets, wires and gums. Take time and care with this since poor cleaning may cause damage to the teeth.
3. Avoid chewy foods such as chewing gum, toffees and chewy sweets. Cut up hard foods such as apples and crusty bread which could cause the brackets to loosen.
4. Avoid sweet drinks, fizzy drinks, sugary foods and sweets which may damage your teeth.
5. Use a fluoride mouthwash whilst fixed braces are in your mouth.
6. If you have repeated breakages of your appliance, the treatment will take much longer.
7. If you have any problems with the fixed brace, please contact the department immediately on **01784 884650**.

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email asp-tr.patient.advice@nhs.net. If you remain concerned, the team can also advise upon how to make a formal complaint.

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We can provide interpreters for a variety of languages, information in larger print or other formats (e.g. audio) - please call us on 01932 723553.



To use the Text Relay service, prefix all numbers with 18001.

اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔
 ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪاً ਕਰਕੇ ਇਸ ਨੰਬਰ 'ਤੇ فون کر کے: 01932 723553
 اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براؤزر میں اس فون نمبر 01932 723553 پر رابطہ کریں
 Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553
 यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553
 Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

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