**Northwest Orthodontics - How to take care of your Fixed Orthodontic Brace**

**Tooth-brushing advice**

You must brush your teeth multiple times a day which means you will have to take a toothbrush to school or work.

Make sure you brush after eating and do an extra special clean before you go to bed.

Remember to brush above and below the brackets as well as under the wires. Don’t forget to brush the other parts of your teeth as well.

We recommend using your toothbrush, inter-dental brushes and floss to thoroughly clean all parts of your teeth and gums.

Special orthodontic toothbrushes are for sale in the practice.

Please see our video’s on tooth brushing and inter-dental cleaning at [www.northwestortho.co.uk](http://www.northwestortho.co.uk).

Insert video Interdental Brushing <https://youtu.be/PuRCnYhbUDo>

 Toothbrushing <https://youtu.be/csATVpFFMbE>

**Dietary Advice**

Foods high in sugar such as sweets and fizzy drinks should be consumed sparingly when wearing the brace. Plaque in your mouth can use these sugars to produce acid. This acid can permanently damage your teeth.

Eating hard foods such as nuts, crisps etc can damage your brace so where possible you should these types of foods.

Harder healthy foods such as apples, raw carrots etc should be cut into small pieces and eaten carefully.

Habits such as biting your fingernails, pens or picking at the brace should be stopped during the treatment as these are the main way the braces are broken.

Every time your brace is broken you could increase your treatment time by up to 12 weeks.

**Fluoride mouthwash**

We recommend that you use a fluoride mouthwash every night, before you go to bed, as it will help protect your teeth from damage plague acid damage.

* Brush your teeth first then rinse your mouth with water as normal.
* Rinse the fluoride mouthwash around your mouth for about one minute and spit the mouthwash into the sink.
* Do not rinse your mouth with water after you do this.
* Go to bed with the residue of the mouthwash against your teeth.

Please note – the fluoride mouthwash is only to further help protect your teeth. It is not a replacement for good tooth-brushing and diet.

**Mouthguards**

If you take part in any contact sports we recommend you wear a mouthguard to protect the inside of your mouth from the brace.

Orthodontic mouthguards are for sale at reception.