

## Orthodontic Department

You will be treated under  
the care of Consultants:-

Mr J.D Muir

Mr J Shah

Mr J.M Scholey

Miss K Juggins

Miss L Mangnall

Miss S Kotecha

We are a teaching  
department so we have  
other dental care  
professionals that may  
participate in your  
treatment. Our  
department includes  
Senior Registrars,  
Registrars, Clinical  
Assistants and Dental  
Nurses.

## Orthodontic Department

**Tel No: 674653**

Monday to Friday

9.00am to 1.00pm

2.00pm to 4.30pm

## Visit our Website

[www.uhns.nhs.  
uk](http://www.uhns.nhs.uk)

Click on 'our  
services'  
then  
'orthodontics'



University Hospital of North  
Staffordshire

## Orthodontic Department

How to clean your  
Teeth  
&  
Fixed Appliance



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then 'orthodontics'

## How to clean your Teeth & Fixed Appliance

You have been previously shown on the Orthodontic Education Clinic how to effectively brush your teeth and fixed brace. As a reminder here are some tips:

You will need to carry a toothbrush around with you each day in your bag / schoolbag.

### **The Outside Surface**

Brush the outside of your teeth all the way around the upper and lower teeth. Brush above and below the brackets using gentle, short, back and forth strokes. It is essential you brush your gums, as well as your teeth.

### **In- Between the Brackets**

An interdental brush is very helpful to clean in-between each bracket and under the archwire e.g Tepe brush.

### **The Inside Surface**

Clean all the way around the inside surfaces of your upper and lower teeth, using the same back and forth strokes. Again, make sure that you brush your gums as well. You may find that you will need to angle your toothbrush to reach every tooth.

### **The Biting / Chewing Surface**

Use long sweeping strokes to brush the biting surfaces of the upper and lower teeth.

### **What is Plaque?**

Plaque is a colourless sticky film that contains bacteria. It collects on the tooth surface, at the gum line and in-between each tooth. Plaque needs to be removed from the teeth at least 2-3 times per day. However while you are wearing your brace you will need to brush more often. If plaque is left it will cause gum disease and tooth decay. Permanent damage to the tooth enamel can occur if the brackets are not kept clean. The enamel will lose its calcium leaving unsightly marks.

The most effective method to remove plaque is by regular brushing.

### **FAQ's**

#### ***What toothbrush should I use?***

A small to medium size toothbrush is ideal.

#### ***What toothpaste should I use?***

Any make of toothpaste which contains fluoride.

#### ***What are Disclosing Tablets?***

Disclosing tablets contain a dye that once dissolved in the mouth will stain the plaque on your teeth which then needs to be removed with your toothbrush.

The following examples are harmful to your brace:-

- popcorn, boiled sweets, bubble gum, chewing gum, crusty bread, pizza crusts, nuts, hard raw fruit, stoned fruit, crisps, toffees.
- Avoid biting pens and finger nails.

Remember, any foods/snacks that contain sugar are harmful to your teeth.