

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

Fixed
Appliances



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then 'orthodontics'

Fixed Appliances

- ◆ You have now had your fixed brace fitted. It is made up of stainless steel brackets and a metal wire. Small elastic bands which can be coloured, hold the wire in place.
- ◆ **During orthodontic treatment you must attend your own dentist for regular check ups.**
- ◆ Treatment lasts for approximately 2½ years and you need to have the brace adjusted at regular intervals, usually between 4-8 weeks. Failure to do so will result in your treatment being delayed or stopped.
- ◆ For the first few days after each adjustment your teeth may feel tender. You can take pain relieving tablets, such as paracetamol.
- ◆ Avoid biting pen tops and finger nails.
- ◆ You must avoid any hard and sticky foods because they will cause damage to your appliance - popcorn, crusty bread, nuts, hard sweets, chewing gum, hard raw fruit, pizza crusts
- ◆ Consider purchasing a sports mouth-guard specifically designed for fixed appliances if you play contact sports.
- ◆ When the brace is first fitted it can sometimes rub against the inside of your lips or tongue causing them to be sore. If this happens break off a little orthodontic wax (provided in your starter pack) and roll it into a small ball. Place over the part of the brace which is rubbing against the gum.
- ◆ Your teeth and brace must be cleaned thoroughly after every meal. Brushing will now take longer. You must brush around every bracket, removing traces of food and plaque. Failure to keep your teeth clean may result in damage to your teeth or treatment being discontinued.
- ◆ You will be given a starter pack. It contains wax, interdental brushes, disclosing tablets and toothpaste.
- ◆ When you require replacements it is up to you to buy them. These are available from a chemist, supermarket or from the orthodontic department.
- ◆ The use of a 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*).



Permanent damage to teeth

- ◆ At the end of your fixed orthodontic treatment you will be given a retainer. This is a removable brace which needs to be worn as instructed to maintain the teeth in their new position.