

As we are unable to see our Orthodontic patients in person due to national guidelines so that we can help protect our team, patients and the community, Amelia, your Orthodontist has provided useful information about:

- your future appointments,
- your brace, how to keep up to date with information and how to look after your brace.
- There is a useful section with frequently asked questions (FAQs) to help answer questions you may have about problems with your brace.
- There are also contact details for the practice in case you need any further help that is not covered here.

Queries about my brace

If you have any concerns about your brace, we are happy to talk to you to offer advice. Our contact details are at the bottom of this page.

Please see the Frequently Asked Questions for answers to some common queries.

How will this affect my treatment?

It is important you look after your brace until we can see you again. This will make sure you get the best possible outcome from your treatment. There are some tips below.

It is possible that your treatment will take longer. We hope you understand that your health and well-being are our priority and we will see you as soon as we can.

Keeping up to date

The British Orthodontic Society (BOS) are providing useful and up to date advice. To keep up to date with UK guidance we encourage you to check the website:

<https://www.bos.org.uk/News-and-Events/COVID19-BOS-Advice>

or follow the BOS Facebook posts

<https://m.facebook.com/BritishOrthodonticSociety/>

Looking after your brace

Keeping your brace clean

Brush your teeth every morning, night and every time you eat. Remember to use small brushes to get in around your brace.

Use an adult fluoride toothpaste. After brushing spit, but do not rinse with water.

You can also use a fluoride mouthwash at a different time to brushing.

If you have a removable brace, please remember to take it out to clean it.

Diet advice

Reduce the frequency of sugary foods.

Avoid fizzy drinks (even diet varieties) and natural fruit juices as these are often high in sugar and can be acidic.

Water (still not fizzy water) is the best drink for your teeth.

Healthy foods to eat between meals includes wholemeal bread, plain cheese, dry crackers, breadsticks, fruit and vegetables.

Being careful not to break your brace

- Avoid crunchy, hard or sticky foods - these may break your brace.
- Some foods like apples may need to be cut up into smaller pieces.
- Avoid chewing pen lids and biting your nails.
- Try not to fiddle with your brace.
- Do not try to fix your brace yourself if a bit comes loose. Please contact us and we can give you advice.

FAQs - Possible problems with your brace

There is further information and videos to help you look after your brace and manage any brace problems on the [British Orthodontic Society website](#)

We recommend contacting us before you attempt to fix any problems yourself, as there is a risk you might damage your brace.

Something on my brace is loose

If part of your brace has snapped or become loose, you only need to contact us if it is painful or there is a danger of you inhaling it. If it is not causing you any pain, we can fix your brace next time we see you.

My brace is rubbing

Please phone or email us and we can post you out some wax to put on the bit that is rubbing you.

I don't know if I need to wear my elastics

If you are not sure whether to wear your elastics, please phone or email us and we can arrange a telephone consultation with the orthodontist.

I was due to have my fixed braces removed. Do I need to come in?

Unfortunately, we cannot provide an non-urgent treatment at this time. We will be in touch as soon as we can see you to remove your brace. Please make sure you look after your brace to avoid damage to your teeth or brace.

Should I keep wearing my removable brace?

If you are not sure whether you need to wear your removable brace, please phone or email us and we can arrange a telephone consultation with the orthodontist.

If you are having any problems with your brace and you would like advice:

Telephone: 0117 9503141

or

Email: info@passagehousedental.co.uk

We will be able to advise you.

Please like and follow our [Facebook page](#) to keep up to date with our practice and dental information at this current time.