



wearside
orthodontic
centre
smiles with style



Ceramic Braces

These braces fit on the outside of your teeth and are tooth coloured. They feature colour-matching technology that allows them to blend naturally with individual teeth, making them virtually invisible.

But Ceramic Braces don't just look better - they are precision-engineered to offer superior strength and accuracy to ensure your treatment goes smoothly and on schedule, exactly as planned.

What is a fixed ceramic brace

A fixed ceramic brace consists of small brackets that are attached to the front of each individual tooth with a special adhesive, linked together by orthodontic wires.

While they are visually less obvious, they do require more attention to oral hygiene as ceramic braces are smaller and more brittle than their metal counterparts. For these reasons, ceramic braces tend to be used more on upper front teeth than on lower teeth.

Questions and Answers

Now that you have a fixed ceramic brace you may have some questions you would like answered.

Will it be painful?

It is likely to be sore for about 3 - 5 days each time the brace is adjusted. If necessary, painkillers such as the ones you would normally take for a headache may help (please read the instructions on the packet). You may be better to eat a soft diet for a couple of days or so after the brace is first fitted and after each adjustment. If the brace rubs your lips or cheeks, you will be given some wax to help with this.

Can I remove the brace?

The brace you are now wearing is fixed to the teeth for the whole of your treatment. You should not try to remove it, as you may damage your teeth and the treatment will not work.



Can I eat normally?

Yes you should be able to eat normally. However, for your orthodontic treatment to work well and in the shortest possible time it is important you take care of your teeth and brace. In order to prevent damage to both, you should:

- Avoid eating toffees, boiled sweets, sugared chewing gum, chocolate bars, etc.
- Avoid drinking fizzy drinks (including diet drinks) and excessive amounts of fruit juice.
- Take care eating hard foods which might damage the brace such as crunchy apples, crusty bread, etc. cut them up first.

What about toothbrushing?

It is important you brush well, three times per day and use a fluoride toothpaste. If possible carry a brush with you for use after lunch. Pay particular attention to brush where the gums meet the teeth. Brushing may take a little longer when you have a fixed brace. A daily fluoride mouthrinse should also be used last thing at night, after toothbrushing, to further protect the teeth. Failure to keep your teeth and brace clean will lead to permanent scarring of your teeth.

How long will treatment take?

It usually takes 12 - 24 months but will vary according to how severe your case is. Failed and cancelled appointments or repeated breakages of the brace will increase the length of time the treatment will take.

How often will I need an appointment?

You will need regular appointments during treatment for the brace to be adjusted.



Will I need to wear anything in addition to the fixed ceramic brace?

It may be necessary for you at some stage during the treatment, to wear headgear and/or elastics. Headgear is usually worn in the evenings and at night. Elastics are worn inside the mouth all the time, including mealtimes.

Will I need to wear another brace once my treatment has finished?

Once the active phase of your treatment has been finished, it will be necessary to wear a retaining brace. This may be removable or it may be fixed behind your front teeth. The length of time this has to be worn can vary, but retention is usually thought of as a long term prospect, for as long as you wish to guarantee your teeth stay in their final position..

Do I still need to see my regular dentist?

Yes, it will be important you still have check-ups with your regular dentist throughout orthodontic treatment so that your teeth can be checked for decay.

Game Guard Gumshield



What do I do if I play contact sports?

You should wear a gumshield instead of your removable appliance when you play contact sports. This will also be the case if you enjoy riding a bicycle, roller-skating or skateboarding. You will be advised about this.

What if I play a musical instrument?

If you play a wind instrument, particularly the flute or a brass instrument, then a fixed brace may make it more difficult. You will need to discuss this with your music teacher.

What do I do if my brace breaks?

Ring up for an appointment as soon as is reasonably possible. Do not wait for your next routine appointment as the breakage may slow your treatment, or may result in damage to your teeth. If you repeatedly break your brace treatment may be stopped.

The daytime telephone number you should contact if a breakage occurs is: **0191 5145257**



Things to remember

DO

- Brush your teeth and braces after every meal
- Brush your teeth and braces thoroughly twice a day
- Use an interdental brush to clean under the wire
- Use a fluoride mouthwash before bedtime
- Use the wax if your brace is rubbing

DON'T

- Play with your brace
- Eat sugary or acidic foods
- Eat sticky or hard foods
- Play contact sports without a gumshield