



## Instructions for Patients with Fixed Appliances

Your fixed appliance requires a great deal of care and attention if your orthodontic treatment is to be successful. The outcome of treatment depends partly on your co-operation. Your teeth may ache for a few hours after the appliance is fitted and after adjustments. This is normal and soon passes. If you wish, take a mild painkiller to control this ache.

### Toothbrushing

An extremely high standard of brushing is essential throughout treatment to avoid early decay or discoloration of your teeth. **This is your responsibility.**

- Brush after every meal. Take your toothbrush to school or college
- Brush thoroughly without excess force and ensure that you have cleaned around the brackets and the gum margin
- Use a fluoride mouth rinse daily

### Eating

Toffee, sweets, chewing gum and bubble gum are banned!! Fizzy drinks like Coke are banned. They will damage and dislodge the brace. Cut up hard foods such as meat, apples, crusty bread and nuts and eat them on your back teeth.

### Breakages

**If the appliance comes loose or breaks then ring the department for advice. You may need to arrange an extra appointment to have the appliance repaired.** Always ring first.

### Elastics

If you have been given elastic bands to wear it is imperative these are worn exactly as directed. Otherwise treatment will either not progress, or your teeth may even move the wrong way.

### Appointments

Good co-operation means keeping your appointments. Cancelled and missed appointments slow down the progress of treatment and waste valuable clinic time and resources. Continue your routine checkups with your own dentist.

### Contact us:

If you have any questions our staff will always answer them as fully as possible at your next appointment. If you need any further information, please contact:

**Orthodontic Department Solihull Hospital 0121 424 5307**

## Information for Patients

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### **Our commitment to confidentiality**

We keep personal and clinical information about you to ensure you receive appropriate care and treatment. Everyone working in the NHS has a legal duty to keep information about you confidential.

We will share information with other parts of the NHS to support your healthcare needs, and we will inform your GP of your progress unless you ask us not to. If we need to share information that identifies you with other organisations we will ask for your consent. You can help us by pointing out any information in your records which is wrong or needs updating.

### **Additional Sources of Information:**

Go online and view NHS Choices website for more information about a wide range of health topics <http://www.nhs.uk/Pages/HomePage.aspx>

### **You may want to visit one of our Health Information Centres located in:**

- Main Entrance at Birmingham Heartlands Hospital Tel: 0121 424 2280
  - Treatment Centre at Good Hope Hospital Tel: 0121 424 9946
  - Clinic Entrance Solihull Hospital Tel: 0121 424 5616
- or contact us by email: [healthinfo.centre@heartofengland.nhs.uk](mailto:healthinfo.centre@heartofengland.nhs.uk).

### **Dear Patient**

We welcome your views on what you thought of this patient information leaflet, also any suggestions on how you feel we can improve through our feedback link below:

- Patient Information Feedback email:  
[patientinformationleafletfeedback@heartofengland.nhs.uk](mailto:patientinformationleafletfeedback@heartofengland.nhs.uk)

If you wish to make any other comments this can be done through the links listed below:

- Patient Opinion: [www.patientopinion.org.uk](http://www.patientopinion.org.uk)
- I want great care: [www.iwantgreatcare.org](http://www.iwantgreatcare.org) (Here you can leave feedback about your doctor)

Be helpful and respectful: think about what people might want to know about our patient information and this hospital and how your experiences might benefit others. Remember your words must be polite and respectful, and you cannot name individuals on the sites.

**If you have any questions you may want to ask about your condition or your treatment or if there is anything you do not understand and you wish to know more about please write them down and your doctor will be more than happy to try and answer them for you.**

If you require this information in another format, such as a different language, large print, braille or audio version please ask a member of staff or email: [interpreting.service@uhb.nhs.uk](mailto:interpreting.service@uhb.nhs.uk)