INFORMATION FOR ADULT PRIVATE PATIENTS

# Your **fixed brace**

Private adult treatment: what to expect and how to look after it

PORTADOWN ORTHODONTICS

## Your **treatment**



- Small brackets are glued to your teeth and joined by a wire that gently moves them. You cannot take the brace out.
- We see you **every 8 to 10 weeks** to check and adjust your brace.
- Private treatment usually takes **2–24 months**, depending on complexity. Mild cases can often be quite straightforward to fix.
- Missed appointments and breakages make treatment take longer.

## Your **fee**

Metal braces cost the same as clear aligners. The price depends on how complex your case is:

| **£2,900** | **£3,900** | **£4,900** |
|---|---|---|
| **Super mild cases** | **Moderate cases** | **Complex cases** |
| Usually less than 2 months | Usually up to 12 months | Usually more than a year |

- **Spread the cost** over 12 months: a £900 deposit, then 12 monthly payments. A £150 plan fee is added to the balance and spread across your monthly payments. Go ahead with private treatment and your £155 assessment fee is deducted from the overall cost. With the payment plan, your £900 deposit drops to £745 and the monthly amounts are unchanged. Cross-border (HSE) patients are excluded.
- **Two sets of retainers** are included in your fee.
- Later replacement retainers are **not included**. Your regular dentist can make them.

## The first **few days**

- **Aching:** your teeth will probably ache for 3 to 5 days, and again after each adjustment. Simple painkillers can help. Follow the instructions on the packet.
- **Sore spots:** the brace may rub your cheeks and lips at first. Rinse with warm salt water and press a small piece of orthodontic wax over the part that rubs. This should give you relief for a few hours. Keep applying it until you come to the practice to get it fixed, so you are not in pain.
- **Speech and saliva:** your speech may feel different and you may have extra saliva for a few days. This soon settles.

## Eating **and drinking**

- **Avoid hard, sticky and chewy foods**, such as toffees, chewing gum, hard sweets, crusty bread, nuts and popcorn. Cut food into small pieces.
- **Avoid fizzy drinks (even diet ones), sugary drinks and fruit juice.** Water and plain milk are best. Keep sugary foods to mealtimes.
- Do not bite your nails or chew pens.

## Keeping your **teeth clean**

- Brush **after every meal and before bed** with fluoride toothpaste, above and below the brackets and along the gums. Do not rinse afterwards.

- Use **interdental brushes** between the brackets and under the wire, and a **fluoride mouthwash every day** at a different time from brushing.
- Poor cleaning can cause **permanent white marks and tooth decay**. Keep seeing your regular dentist for check-ups.

## **Elastics** (only if we ask you to wear them)

- Wear them exactly as we show you and always carry spares.
- **If you do not wear them as instructed, we may not achieve an ideal outcome**, and treatment may take longer.
- **Broken hook?** Use the Broken brace form on our website. If we have asked you to wear elastics on both sides and a broken hook means you cannot wear them as instructed, stop wearing them on both sides until you next see us.

## Sport and **musical instruments**

- Wear a **gumshield** for contact sports. Ask us about one that fits over your brace.
- Playing a wind or brass instrument may take time to get used to. Wax can help.

## After your brace comes off: **retainers**

- Wear your retainers **every night for life** to keep your teeth straight.

## Your **appointments**

- If you cannot come, tell us as soon as possible.
- **If you repeatedly miss appointments, we may have to stop your treatment early**, as brace treatment needs to be monitored closely.
- At your appointments you will be seen by members of our orthodontic team, including orthodontic therapists, our dentist with enhanced skills in orthodontics, Dr Méabh Maguire, and our specialist orthodontist.

## If you **have a problem**

| Problem | What to do |
|---|---|
| **Wire poking or rubbing** | Cover it with wax and contact us. |
| **Ulcer or sore spot** | Rinse with warm salt water and put wax on the part that rubs. Contact us if it does not get better in a few days. |
| **Pain that does not settle** | Contact us. |
| **Something broken or loose** | Sharp and causing pain? Call us. Otherwise, use the Broken brace form (Contact us > Broken brace) at portadownorthodontics.co.uk/broken-brace.html and we will get back to you. |
| **Knock to the face or a broken tooth** | Get urgent dental advice from your regular dentist, then let us know what they have advised. |

**Questions?** Email **heathwoodhouse@djmaguiredentists.co.uk** or call **028 3870 2623**. Please include your name and date of birth. Never try to repair your brace yourself. If William has emailed you before, you can reply to him directly if you can't get through on the main practice email or phone number.