



NEO ORTHODONTICS™

## Fixed Appliance Patient Instructions

### Discomfort

- Mild discomfort during the first week is normal as teeth begin to move. Pain relief (e.g., headache medication) and a softer diet can help.
- Sore areas on lips or cheeks can be relieved with orthodontic wax applied over the braces that rub.
- In early stages, dental cement may be used to prop your mouth open to avoid biting opposing braces. This is temporary and will be reduced or removed as clinically appropriate.
- Discomfort usually decreases significantly after the first week.

### Diet

- Eat a soft diet whenever possible. Cut food into small pieces and chew carefully on your back teeth.
- Avoid hard, crunchy, chewy, or sticky foods (e.g., crusty bread, toffees, boiled sweets, chocolate, jellies, chewing gum) as these can damage your braces.
- Minimise sugary foods and drinks (e.g., fizzy drinks, fruit juices, milkshakes, sweets). Choose sugar-free options, water, or milk instead. Fizzy drinks (including sugar-free) can permanently damage or stain enamel.
- Limit tea, coffee, and red wine as they can stain braces.
- For more guidance, see: [British Orthodontic Society – Diet Advice](#)

### Cleaning and Hygiene

- Brush your teeth at least three times a day (morning, evening, and after eating). Poor oral hygiene may lead to treatment being stopped at the orthodontist's discretion.
- Use an orthodontic toothbrush for braces and the gumline, an interdental brush for small spaces. We recommend the VITIS aftercare pack.
- Use disclosing tablets weekly to identify areas needing more attention.
- Watch the VITIS aftercare DVD on the day your brace is fitted; it is also available here: <https://www.youtube.com/watch?v=H314dtY8blg&t=8s>

### **Breakages and Emergencies**

- Breakages can prolong treatment. Identify the issue (broken bracket, loose wire, etc.) before contacting us, we may request a photograph of the problem area to be able to assist in booking the correct appointment or provide appropriate advice.
- Emergency appointments are only for pain or discomfort; breakages are not classed as emergencies. Repairs will be scheduled as soon as possible.

### **Sports**

- Wear an orthodontic mouthguard for all contact sports. Contact reception for more information.

### **Dental Check-Ups**

- Continue regular dental check-ups with your dentist throughout treatment.
- See a hygienist every 3–6 months during orthodontic treatment.